

Kale Slaw Spring Salad

Ingredient List

- 5 cups chopped fresh kale
- 3 cups torn romaine
- 1 package (14 ounces) coleslaw mix
- 1 medium fennel bulb, thinly sliced
- 1 cup chopped fresh broccoli
- 1/2 cup shredded red cabbage
- 1 cup crumbled feta cheese
- 1/4 cup sesame seeds, toasted
- 1/3 cup extra virgin olive oil
- 3 tablespoons honey
- 2 tablespoons cider vinegar
- 2 tablespoons lemon juice



Original Recipe found at:

<https://www.tasteofhome.com/recipes/kale-slaw-spring-salad/>

Instructions:

Step 1: Combine kale and romaine. Add coleslaw mix, fennel, broccoli and red cabbage; sprinkle with feta cheese and sesame seeds. Toss to combine.

Step 2: Stir together olive oil and sesame oil. Whisk in honey, vinegar and lemon juice. Add pureed strawberries. Whisk until combined. Dress salad just before serving; top with sliced strawberries.



Nutrition Facts:

1-1/2 cups: 192 calories, 15g fat (3g saturated fat), 6mg cholesterol, 140mg sodium, 12g carbohydrate (7g sugars, 3g fiber), 4g protein.