

Massaged Kale Salad with Chicken & Spiced Pecans



This salad provides a great blueprint for creating combinations of ingredients that keep you full and satisfied – feel free to sub your favorite veggies, nuts or seeds and proteins!

YIELD 1 SERVING	PREP TIME 5 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

½ each	Avocado
½ each	Lemon, juiced
1/8 tsp	Kosher Salt
Pinch	Crushed Red Pepper Flakes
2 cups	Kale, cut into 1" ribbons and massaged
1 each	Carrot, grated (about 1 cup)
¼ cup	Chickpeas, or any beans, low-sodium, drained and rinsed
1 each	Spiced Chicken Thigh (separate recipe), sliced
1 Tbsp	Spiced Pecans (separate recipe)

CHEF'S NOTES

Raw kale is quite tough and fibrous but a quick "massage" will yield tender leaves, perfect for your salads. Simply rub the strips of kale between your fingers for about 1 or 2 minutes, until the kale becomes dark green and shiny.

Because kale is hearty, this salad will keep well in the fridge, allowing you to make a larger batch in advance for quick and easy weekday lunches!

This salad provides the three main components that keep you feeling full between meals. Fiber from the veggies and nuts, protein from the chicken and legumes, and heart healthy fat from the avocado and nuts. Here's a simple equation that you can use when creating salads (or any meal!):

Fiber + Protein + Fat = Satiation ☺

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Mash the avocado, lemon juice, salt and red pepper flakes together in a large bowl.
3. Add the massaged kale, carrot, and beans, tossing to combine.
4. Top with the sliced chicken and sprinkle with spiced pecans. Enjoy!

Nutrition Facts

1 servings per container

Serving Size about 3 cups salad (404 g)

Amount per serving

Calories **440**

% Daily Value *

Total Fat 23g **30%**

Saturated Fat 3.5g **17%**

Trans Fat 0g

Polyunsaturated Fat 4.5g

Monounsaturated Fat 11g

Cholesterol 105mg **36%**

Sodium 640mg **28%**

Total Carbohydrate 33g **12%**

Dietary Fiber 12g **44%**

Total Sugars 10g

Contains less than 1g Added Sugars **1%**

Protein 30g **59%**

Vitamin D 0.03mcg 0%

Calcium 130mg 10%

Iron 3mg 16%

Potassium 1300mg 27%

Vitamin A 1100µg 122%

Vitamin C 65mg 70%

Vitamin E 3mg 21%

Vitamin K 260µg 216%

Vitamin B-6 1mg 61%

Folate 150µg 39%

Vitamin B-12 0.7µg 29%

Phosphorus 370mg 30%

Zinc 3mg 30%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

