

# 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!*

|                                  |                                  |                                    |
|----------------------------------|----------------------------------|------------------------------------|
| <b>YIELD</b><br><b>1 SERVING</b> | <b>PREP TIME</b><br><b>5 MIN</b> | <b>TOTAL TIME</b><br><b>10 MIN</b> |
|----------------------------------|----------------------------------|------------------------------------|

## 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

**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%**

\*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.

