

Collard & Roasted Butternut Salad



Greater Cleveland
Food Bank

Ingredients

- 1 bunch collard greens, washed
- 1 cup butternut squash, roasted
- 1 apple, cut into small slices
- 1 cup blueberries
- ½ cup toasted almond slivers (optional)

Dressing:

- 1/3 cup extra virgin olive oil
- 2 Tbsp. lemon juice
- 2 Tbsp. apple cider vinegar
- ½ tsp. sugar
- Salt and pepper, to taste

Directions

1. Remove stems from collard greens and chop leaves into bite-sized pieces. Place leaves into a large salad bowl.
2. Pour olive oil, lemon juice, vinegar, sugar, salt, and pepper into a small container with a tight-fitting lid, such as a mason jar. Shake well until blended. Pour dressing over collard greens.
3. Using your hands, massage the dressing into the collard greens for 2-3 minutes to tenderize the leaves.
4. Mix in the roasted butternut squash, apples, and blueberries. If you wish, top the salad with toasted almond slivers. Serve and enjoy!

Nutrition Facts

Per serving:
Calories: 191
Carbohydrates: 8 g
Protein: 1 g
Fat: 15 g
Fiber: 2 g



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