

Blueberry Kale Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

6 2/3 cups Kale Leaves (chopped)
2/3 Cucumber (chopped)
2 2/3 stalks Celery (chopped)
1 1/3 cups Blueberries
1 1/3 Beet (peeled and spiralized)
1/3 cup Pumpkin Seeds
1/3 cup Extra Virgin Olive Oil
2 Lemon (medium, juiced)
2/3 tsp Dijon Mustard
2/3 tsp Sea Salt
1/8 tsp Black Pepper
1 lb Chicken Thighs (Use only 4 ounces at a time for serving)

NUTRITION

AMOUNT PER SERVING

Calories	528	Potassium	601mg
Fat	32g	Vitamin A	11074IU
Carbs	26g	Vitamin C	33mg
Fiber	7g	Calcium	179mg
Sugar	9g	Iron	6mg
Protein	35g	Vitamin B12	0.5µg
Cholesterol	151mg	Magnesium	47mg
Sodium	660mg	Zinc	2mg

DIRECTIONS

- 01 Pre-Heat oven at 425. Rinse organic chicken thighs under cold water and place in a broiler pan. Pat thighs dry with a paper towel. Gently separate skin from thigh, without removing it completely from the meat at the corners. Place chicken in oven for 20 minutes to cook. Once done, remove and cut 4 servings of 4 ounces each for your meals.
- 02 In a large bowl, combine the kale, cucumber, celery, blueberries, spiralized beets, and pumpkin seeds.
- 03 In a mason jar, combine the olive oil, lemon juice, Dijon mustard, salt and pepper. Shake well.
- 04 Before serving, pour dressing over the salad and toss well. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for 4 days.

MORE PROTEIN

Add a salmon fillet, grilled chicken breast, or lentils.

MORE CARBS

Add cooked quinoa.