

**Celebrate
National Nutrition
Month®**



**SAVOR
THE FLAVOR
OF EATING
RIGHT**

NATIONAL NUTRITION MONTH™ 2016

eat right Academy of Nutrition and Dietetics
www.eatright.org

Arbor Recipe of the Week!

Featuring: Sweet Honey Lemon Kale

Makes: about 6

Serving Size: 1 cup

Prep Time: 10 minutes

Ingredients:

1 bunch	Curly Kale, <i>washed, de-stemmed</i>	1 Tbsp	Honey
3 Tbsp	Olive Oil	¼ tsp	Pepper
3 Tbsp	Fresh Lemon Juice	dash	Kosher Salt

Directions:

1. After washing kale, fold each leaf in half along the stem. Firmly cut along the stem to remove. Cut remaining leaves into bite-sized pieces.
2. Whisk dressing: oil, lemon juice, honey, salt, and pepper.
3. Using clean hands, “massage” dressing into the kale until evenly coated.

NOTE: The salt helps to breakdown the tough kale. Enjoy!

Suggestions:

- 🌱 Add cherry tomatoes or shredded carrots for a pop of color.
- 🌱 Chopped pecans can make an excellent addition to the texture of the salad!

Nutrition Facts

Serving Size 1 CUP	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 63
% Daily Values*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 299mg	9%
Sodium 58mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 2.5g	10%
Sugars 3g	
Protein 3g	6%
Vitamin A 206%	Vitamin C 134%
Calcium 9%	Iron 6%
Vitamin K 684%	Vitamin B6 9%
Copper 10%	Manganese 26%



DID YOU KNOW

Kale is one of the most powerful, nutrient-packed Superfoods. Packed with **over 20 vital nutrients** and **over 45 antioxidants**, kale is an excellent choice!

There are 3 main varieties:

- curly (common)
- dinosaur (lacinato)
- savoy (ornamental)

arbor Management Inc.

