

## Cranberry Kale Salad



Prep Time: 10 minutes

Course: Salad

Cuisine: American

Keyword: salad, kale

Servings: 4 people

Calories: 293kcal

### Ingredients

- 6 cups curly kale cut into pieces, rinsed, and spun dry
- 1 cup dried cranberries divided
- 1/2 cup sunflower seeds roasted and low in sodium
- 1/2 cup nonfat plain yogurt
- 3 tablespoons red wine vinegar
- 1 tsp poppy seeds
- 2 tsp Ranch dressing

### Instructions

1. Place the kale in a large mixing bowl. Add the dressing and half of the cranberries. Toss together. Place in a serving or salad bowl. Top with the remainder of the cranberries and the sunflower seeds. Serve immediately or chill up to 1 day for later use.
2. Cracked pepper or red pepper flakes add a nice finish when serving, too.

### Nutrition

Serving: 1 bowl | Calories: 293kcal | Carbohydrates: 36g | Protein: 17g | Fat: 10g | Saturated Fat: 1g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 1g | Trans Fat: 0.03g | Cholesterol: 1mg | Sodium: 362mg | Potassium: 776mg | Fiber: 14g | Sugar: 1g | Vitamin A: 3IU | Vitamin C: 0.2mg | Calcium: 116mg | Iron: 3mg