



Pomegranate Kale Salad

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 (15 ounce) can garbanzo beans, rinsed and drained
- 4 cups kale, destemmed and finely chopped
- Juice of ½ orange or lemon
- 2 Tablespoons parsley, chopped
- ¼ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 Tablespoons extra virgin olive oil
- ½ cup pomegranate seeds
- 1 small avocado
- ¼ cup walnuts, chopped

DIRECTIONS

1. Place the garbanzo beans into a salad bowl. Add kale to bowl and mix.
2. Combine the citrus juice, parsley, salt, pepper, and oil in a jar. Seal and shake vigorously.
3. Add just enough of the vinaigrette to the kale to coat the leaves. Massage gently with your fingers and let sit while you continue preparing the rest of the ingredients.
4. Slice the pomegranate in half. Fill a bowl with water and tap seeds out with a wooden spoon. You may need to scrape some of the seeds out. Remove ½ cup of seeds and drain.
5. Slice the avocado in half and remove the pit. Scoop out flesh and slice into cubes.
6. Add the pomegranate seeds, avocado, and walnuts to the salad. Gently toss and add additional vinaigrette, if necessary.

Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	300
	% Daily Value*
Total Fat 20g	26%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 25g	9%
Dietary Fiber 9g	32%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 2mg	10%
Potassium 523mg	10%

*The % Daily Value 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.

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