



# POMEGRANATE KALE GARBANZO SALAD

4 Servings • Serving = 1 cup of salad

## INGREDIENTS

- 1 (15-ounce) can garbanzo beans, rinsed and drained
- 4 cups chopped kale
- ½ cup pomegranate seeds
- 1 small avocado
- ¼ cup walnuts, chopped

For vinaigrette:

- juice of ½ orange or lemon
- 2 Tablespoons chopped parsley
- 2 Tablespoons extra virgin olive oil
- ¼ teaspoon salt
- ½ teaspoon freshly ground black pepper

## DIRECTIONS

1. Place the rinsed and drained garbanzo beans into a salad bowl. Wash and dry kale. Remove the leaves from the stem and chop finely.
2. Make the vinaigrette: combine the juice of ½ orange or lemon, parsley, salt, freshly ground black pepper, and extra virgin olive oil in a jar. Seal and shake vigorously to make your vinaigrette.
3. Add just enough 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 kale. Stir gently to combine. Add additional vinaigrette, if necessary.

**NUTRITION FACTS** Serving Size = 1 cup (184g); Servings Per Container = 4; Calories 230; Calories From Fat 120; Total Fat 14g (22%); Saturated Fat 1.5g (8%); Trans Fat 0g; Cholesterol 0mg (0%); Sodium 300mg (13%); Total Carbohydrate 24g (8%); Dietary Fiber 8g (32%); Sugars 7g; Protein 8g

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