



A SIMPLE SPRING SALAD

Who says a salad can't be filling? This spring, try our protein-packed white bean kale salad that will give you the energy you need to get outside and enjoy the weather. Fiber-filled kale improves digestion, and it tastes great tossed in our tangy champagne vinaigrette.

Cut along the dotted lines and slip this one into your recipe box ... it's sure to be a new favorite!



White Bean Kale Salad

WITH CHAMPAGNE VINAIGRETTE

FOR THE SALAD

- 1 bunch of curly kale
- 2 tbsp olive oil
- 1 (15-oz) can unsalted cannellini beans, rinsed and drained
- ¼ cup freshly grated Parmesan

FOR THE DRESSING

- ½ tsp of Dijon mustard
- ½ tsp of finely minced garlic
- 2 tbsp champagne vinegar
- 2 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

- 1 Rinse and dry the kale, remove the leaves from the stems, and chop.
- 2 Pour 2 Tbsp olive oil over the kale and gently massage the leaves with your hands for 2 minutes.
- 3 Whisk together all ingredients for dressing, pour dressing over kale, and toss.
- 4 Add cannellini beans and parmesan and toss again, and enjoy.

