



Kale Salad with Cranberries, Pecans and Beans

Sautéed kale and chickpea salad with cranberries and garnished with feta cheese

Yield: 8

1 Tbsp	Canola Oil
1 Tbsp	Crushed Garlic Cloves
2 tsp	Mustard Seed
2 tsp	Ground Coriander
1 tsp	Smoked Paprika
1/4 tsp	Kosher Salt
1/8 tsp	Ground Black Pepper
10 oz	Chopped Kale
2 Cup	Cooked Garbanzo Beans
1/2 Cup	Crumbled Feta Cheese
1/2 Cup	Dried Cranberries
2 Tbsp	Fresh Lemon Juice
1 tsp	Grated Lemon Peel
1/2 Cup	Pecan Pieces, Toasted



In a skillet add oil and garlic and cook on medium high heat for 20 seconds. Add the mustard seeds, coriander powder, smoked paprika, salt and pepper and cook for 10 seconds. Add kale and cook until kale wilts slightly, about 30 seconds to one minute. Add chickpeas and mix well. Remove from the heat. Let the mixture cool and then add the feta cheese, toasted pecans, cranberries, the zest of a lemon and lemon juice. **Chef's Notes:** This recipe calls for cooked beans and nutritionals are based on homemade cooked beans with no added salt. Avoid canned beans if possible and if you must use canned, rinse the beans to wash some of the sodium away.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
192.6	6.7	22	10.2	8.3	195.2	2.1	4.6