



Kale Beet Blend with Apples, Toasted Walnuts & Asiago Black Pepper Dressing

Servings

4

Calories

320

Prep Time

15 minutes

Total Time

18 minutes

Skill Level

Medium

Ingredients

- 1 (10 ounces) package Mann's Kale Beet Blend
- ½ cup grated Asiago cheese
- 1 clove garlic, peeled
- ¼ cup Champagne vinegar
- ½ juice of lemon
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- ½ tablespoon coarsely ground black pepper
- ½ teaspoon salt
- ⅓ cup light olive oil
- 1 apple, cored and diced
- 3 tablespoons of toasted walnuts, chopped



The Method

In a food processor, place cheese, garlic, vinegar, lemon juice, mustard, honey, pepper and salt. Process until the cheese has been chopped finely. With the motor still running, add the oil in a slow stream and process until creamy.

Add Kale Beet Blend, diced apple and toasted walnuts to a large salad bowl. Drizzle the dressing on top and toss to combine. If necessary, season to taste with additional salt.

Nutrition Facts

Serving Size: 160g | Servings: 4

Amount Per Serving

Calories 320 | Calories from Fat 240 | Total Fat 27g (sat fat 5g trans 0g) | Cholesterol 15mg | Sodium 490mg | Total Carbohydrate 17g | Dietary Fiber 3g | Sugars 10g | Protein 5g | Vitamin A 30% | Vitamin C 70% | Calcium 15% | Iron 6%