



# Meal Prep Kale Beet Mediterranean Salad

**Servings**

4

**Calories**

540

**Prep Time**

10 minutes

**Total Time**

15 minutes

**Skill Level**

Easy

## Ingredients

### Dressing Ingredients

½ cup sherry vinegar  
½ cup extra virgin olive oil  
3 tablespoons Dijon mustard  
salt, pepper, and honey (optional: if sweetness is desired), to taste

### Salad Ingredients

1 (8 ounces) bag Mann's Kale Beet Blend  
½ small red bell pepper, diced  
2 Persian cucumbers, diced  
3 ounces crumbled feta  
½ small red onion, diced  
3 hardboiled eggs, chopped and divided  
3 tablespoons roasted sunflower seeds, divided  
3 ounces Dijon vinaigrette (recipe below)  
Salt and pepper, to taste



## The Method

### For Dressing

Add vinegar, oil, and mustard to a mixing bowl, food processor, or immersion blend. Whisk by hand or blend until emulsified. Add salt, pepper, and honey to taste.

### For Salad

Add one-third of Kale Beet Blend to a large glass jar or container. Build your salad in layers by adding bell pepper, cucumber, feta, red onion, egg, seeds, and salt and pepper. Repeat this 2 more times to complete all 4 salads. Divide 3 oz dressing into 4 small to-go containers and pack one with each salad. Keep refrigerated until ready to serve.

### Nutrition Facts

Serving Size: 309g | Servings: 4

### Amount Per Serving

Calories 540 | Total Fat 43g (sat fat 9g trans 0g) | Cholesterol 160mg | Sodium 790mg | Total Carbohydrate 14g | Dietary Fiber 3g | Sugars 9g (Includes 0g Added Sugars) | Protein 11g | Vitamin D 6% | Calcium 15% | Iron 6% | Potassium 10%