

Side

# Fresh Berry and Kale Salad

**15 Mins**  
Prep Time

**0 Mins**  
Cook Time

**6**  
Servings

 **105 Calories** **7g Fat** **10g Carbs** **2g Protein**

## Ingredients

 **15 Mins Total Time**  **Allergens: N/A**

**6 Cups** Bagged and Shredded Kale 

**½ Cup** Low Sugar Salad Dressing, such as a balsamic vinaigrette

**1** Avocado, diced 

**2 Cups** Strawberries, sliced 

**½ Cup** Blackberries, washed 

**½ Cup** Blueberries, washed 



### Nourishment Note



#### **Kale**

Kale is an incredible source of vitamin K and may help to lower cholesterol. Kale also contains many antioxidants, which helps to protect cells and may be anti-inflammatory, an important quality for those with rheumatoid arthritis.



#### **Avocado**

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals, and antioxidants to help keep your body working its best.



#### **Strawberries**

Strawberries are packed with vital nutrients including vitamin C, potassium, and antioxidants. These nutrients are crucial for healing, lowering blood pressure and may also help to lower inflammation.



#### **Blackberries**

Blackberries are rich in anthocyanins. Anthocyanins are a category of nutrients that may help protect the brain from Alzheimer's disease, and lower the risk of colon cancer.



#### **Blueberries**

Blueberries are high in fiber, vitamin C, and vitamin K and have an incredibly high number of antioxidants.

## Instructions

### 1. Toss Kale

Place kale in a large bowl. Add dressing and toss using tongs, evenly coating the kale with dressing. Set aside.

### 2. Dice & Slice

Dice the avocado using the avocado slicer, and slice the strawberries using the egg slicer.

### 3. Mix Ingredients

Add the avocado, strawberries, blackberries, and blueberries to the kale and toss to combine. Add more dressing if necessary.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Large Mixing Bowl



Tongs



Avocado Slicer



Egg Slicer



Small Knife

### RA Cooking Tips

**Kale:** Purchase pre-chopped kale to reduce hand strain associated with chopping.

**Avocado:** Avocado slicers allow users to cut, pit, and slice an avocado with one utensil.

**Strawberries:** Egg slicers work well for not only cutting eggs, but also strawberries. You can also purchase pre-washed and sliced berries.