

Side | Lunch | Dinner

Fresh Berry and Kale Salad

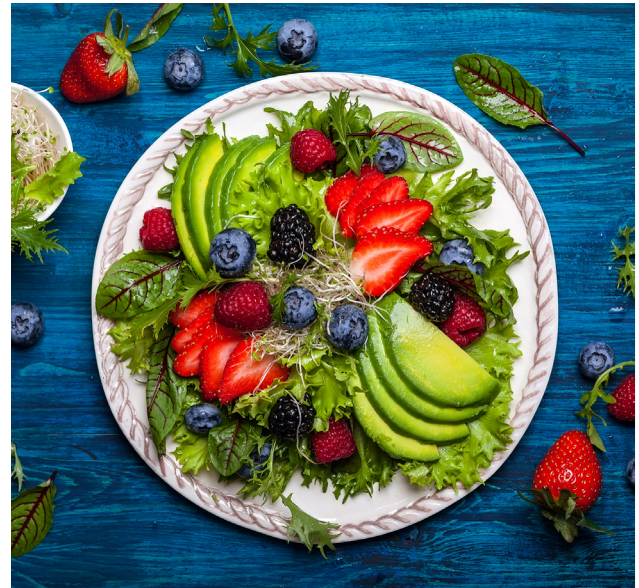
Side Effect: Constipation

15 Mins
Prep Time

0 Mins
Cook Time

6
Servings

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



Ingredients

 **6 Servings**  **15 Mins Total Time**  **Allergens: None**

6 Cups Bagged and Shredded Kale, **washed** 

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

1 Avocado, **rinsed** and diced 

2 Cups Strawberries, **rinsed** and sliced 

½ Cup Blackberries, **rinsed** 

½ Cup Blueberries, **rinsed** 

Nourishment Note



Kale

Kale is a great source of insoluble fiber. Insoluble fiber can help a person find relief from constipation. It's also packed with a variety of vitamins, minerals, and antioxidants such as quercetin. Quercetin may protect the heart from heart disease.



Avocado

Avocados contain insoluble fiber to help relieve constipation. It's also a great source of heart-healthy monounsaturated fats.



Strawberries

Strawberries are packed with vital nutrients including vitamin C and antioxidants. Vitamin C is key to helping the body heal. Antioxidants may help lower inflammation within the body. Strawberries also contain insoluble fiber, a nutrient key to helping relieve constipation.



Blackberries

Blackberries are abundant in antioxidants to help protect healthy cells.



Blueberries

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

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Toss Kale

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

3. Dice & Slice

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

4. Mix Ingredients

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

5. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Large Mixing Bowl



Tongs



Avocado Slicer



Egg Slicer



Small Knife

Fatigue Buster

- **Kale:** Purchase pre-chopped kale to reduce hand strain associated with chopping.
- **Strawberries:** Egg slicers work well for not only cutting eggs, but also strawberries. You can also purchase pre-washed and sliced berries.
- Ask a friend or family member to help prepare this dish.