

Tuscan Kale Salad with Blueberries

Servings: 4

Prep Time: 15 minutes



INGREDIENTS

- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1/4 cup pine nuts, toasted
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 shallot, minced
- 6 cups shredded Tuscan kale, stems removed
- 1 cup fresh blueberries
- 1/3 cup shaved Parmesan cheese

INSTRUCTIONS

- 1 In a large bowl, whisk together oil, lemon juice, mustard, honey, salt, and pepper. Stir in shallot.
- 2 Add kale to bowl; toss with dressing until well coated. Toss in blueberries, Parmesan, and pine nuts.

Variations

- Substitute spinach or mixed baby greens for kale if preferred.
- Substitute cider vinegar for lemon juice if desired.



Grab a
boost of
blue