Kale Citrus Salad

Serves 6

Ingredients
- 1 bunch Kale, stemmed and leaves torn off
- 1 whole jalapeno, seeded and sliced very thin
- 1 orange, peeled and cut into chunks
- 4 oz goat cheese
- ¼ cup orange juice
- 2 Tbsp olive oil
- 1 clove garlic, minced
- 1 tsp sugar
- Salt and pepper to taste
- 1 Tbsp sour cream or plain Greek yogurt

Preparation

Use a knife to cut and finely shred the kale. To make the dressing, combine the orange juice, olive oil, garlic, sugar, salt and pepper and whisk vigorously until combined, then add sour cream or yogurt and whisk again until creamy. Toss the kale in half the dressing for a minute or so, then add the jalapeno slices and citrus pieces. Toss again until combined and add more dressing if needed. Before serving, break the goat cheese into chunks and toss into the salad.

Calories 140, Total Fat 9g, Sat Fat 4.5g, Sodium 130mg, Carbohydrates 9g, Fiber 2g, Sugars 3g, Protein 7g

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