



Creating nutritious and yummy food can be challenging when on a gluten and dairy free diet. This Kale Salad with Curried Dressing recipe is not only tastes good – it’s good for you!

Source:
www.plantpoweredkitchen.com

Kale Salad with Curried Dressing

Superfood for Gluten and Dairy Free Diets

Ingredients:

Salad:

- 1 medium apple
- 4 cups kale
- 1 red bell pepper
- 1 ½ carrots
- 1 daikon radish
- ½ cup dried cherries
- ¼ cup pine nuts
- 2 tbsp chia seeds

Dressing:

- ½ cup cashews
- 2 ½ tbsps apple cider vinegar
- 2 tbsp maple syrup
- 2/3 cup water
- 1 small garlic clove
- 1 tsp ginger root
- ½ tsp Dijon mustard
- ¼ tsp curry powder

Methods: Chop apple, kale, carrot and radish into bite size pieces. Mixing the chopped apple with a teaspoon of lemon juice will prevent browning. Mix all salad ingredients together. Place all the dressing ingredients into a blender and puree until very smooth. Add the dressing to the salad and allow it to sit for 5 min in order to soften the kale. Enjoy!

Nutrition Facts

Serving Size 2 Cups
 Serving Per Container 4

Amount Per Serving

Calories 370

	% Daily Values*
Total Fat 16.1g	25%
Saturated Fat 2.2g	11%
Trans Fat 0g	
Polyunsaturated Fat 5.9g	
Monounsaturated Fat 6.3g	
Cholesterol 0mg	0%
Potassium 1042mg	30%
Sodium 94mg	4%
Total Carbohydrate 52.8g	18%
Dietary Fiber 9.9g	40%
Sugars 25.1g	
Protein 9.4g	19%

Vitamin A 356%	•	Vitamin C 346%
Calcium 20%	•	Iron 24%
Vitamin E 5%	•	Thiamin 15%
Riboflavin 11%	•	Niacin 10%
Vitamin B6 23%	•	Folate 19%
Pantothenic Acid 6%	•	Phosphorus 22%
Magnesium 34%	•	Zinc 17%
Selenium 5%	•	Copper 43%
Manganese 96%		

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

About the Ingredients:

Staple foods are enriched with nutrients; unfortunately, these foods often also contain gluten and dairy products. Common nutrient deficiencies from a gluten and dairy free diet are folate, vitamins B-6 and B-12, calcium, magnesium, iron, and fiber.

Folate –is involved in DNA synthesis and amino acid metabolism. It's found in green leafy vegetables such as KALE. Also found in RED BELL PEPPERS, CARROTS, DAIKON RADISH, PINE NUTS, and CASHEWS.

Vitamin B6 – is required for over 100 enzyme reactions, especially protein metabolism. It's found in RED BELL PEPPERS, CARROTS, DAIKON RADISH, PINE NUTS, and CASHEWS.

Calcium – is required for healthy bones and to prevent osteoporosis. Good non-dairy sources include green leafy vegetables (KALE) and fortified juice and soy products. It's also found in DAIKON RADISH, CHIA SEEDS, and CASHEWS.

Magnesium – is required for healthy bones. Good food sources are green leafy vegetables (KALE), some seeds, and nuts (pine nuts, cashews). It's also found in DAIKON RADISH, PINE NUTS, and CASHEWS.

Iron – is required for healthy blood, specifically hemoglobin, the molecule that carries oxygen to the cells. It's found in DAIKON RADISH, PINE NUTS, CHIA SEEDS, and CASHEWS.

Fiber – is required for proper digestion and to prevent illnesses such as colon cancer. Good sources of fiber are seeds/some nuts (CHIA SEEDS, PINE NUTS), fruits (APPLE), and vegetables (KALE, RED BELL PEPPERS, CARROTS, and DAIKON RADISH).

References: Thompson J, Manore M, Sheeshka J. *Nutrition, A Functional Approach, Second Canadian Edition*. Toronto, Ontario: Pearson; 2010.

