



Strawberry Kale Feta Salad

Julie Andrews, Chef and Registered Dietitian Stride in the Kitchen

Get a boost of nutrition with this simple summer salad. Watch [how to toast walnuts](#) here.

Prep time: 10 mins Cook Time: 0 mins Total Time: 10 mins

Serves 4

Ingredients:

Dressing:

- ¼ cup (60 mL) balsamic vinegar
- 3 tablespoons (45 mL) olive oil
- 1 tablespoon (15 mL) poppy seeds
- 1 tablespoon (15 mL) honey
- 1 teaspoon (5 mL) Dijon mustard
- ½ teaspoon (2.5 mL) kosher or sea salt
- ¼ teaspoon (1.25 mL) freshly ground black pepper

Salad:

- 1 large head kale, stems removed and thinly sliced
- 1-pound (.45 kg) strawberries, trimmed and halved
- ½ cup (120 mL) crumbled feta cheese
- ½ cup (120 mL) chopped walnuts or pecans, toasted

Instructions:

1. In a small bowl or jar, whisk or shake together the dressing ingredients until combined. Taste and adjust seasoning, if necessary.
2. Place the kale in a large bowl and toss with half of the dressing. Use your hands to massage the kale until it's slightly broken down.
3. Distribute the kale to plates or bowls and top with strawberries, feta and toasted walnuts. Drizzle each with the remaining dressing. Serve.

Cooking Tip: Massaging the kale with the dressing or olive oil breaks it down a bit so it's a more pleasurable eating experience. It takes the bitterness away from the kale and makes it easier to chew.

Substitution Tip: Swap kale for fresh spinach.

Nutrition:

Serving Size: 1/4 of recipe

Calories: 269

Sugar: 13g

Sodium: 259mg

Fat: 25g

Saturated Fat: 5g

Unsaturated Fat: 20g

Trans Fat: 0g

Carbohydrates: 21g

Fiber: 3g

Protein: 7g

Cholesterol: 17mg