Summer Kale Salad

Ingredients

- ¾ cup white sugar
- ½ cup vinegar
- ½ tsp salt
- ½ tsp ground black pepper
- ¼ cup extra-virgin olive oil
- 2 of bunches of kale
- 1 cup frozen shelled edamame (soybeans)
- ¼ red onion, thinly sliced
- 1 cup shredded carrot
- 2/3 cup fresh blueberries (or berries of choice)
- ½ cup dried cranberries
- ½ cup cashew pieces
- ½ cup sunflower seeds

Making it:
1. Whisk sugar, vinegar, salt, pepper and olive oil together in a bowl until sugar is dissolved; set aside.
2. Wash kale, remove from stems and roughly chop. Do not use the stems.
3. Toss kale, edamame, red onion, carrot, blueberries, dried cranberries, cashew pieces, and sunflower seeds together in a bowl. Pour about half the dressing over the mixture and toss to coat. Cover bowl with plastic wrap and refrigerate 4 to 6 hours. Serve remaining dressing on side.

NUTRITION FACTS

<table>
<thead>
<tr>
<th>Servings: 8</th>
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<tbody>
<tr>
<td>PER SERVING</td>
</tr>
<tr>
<td>Calories (kcal): 344</td>
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<tr>
<td>Fat (g): 18</td>
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<tr>
<td>Carbohydrate (g): 42</td>
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<tr>
<td>Fiber (g): 3</td>
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<td>Protein (g): 9</td>
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TIPS & HINTS

Adding too much dressing too early will cause the salad to be soggy. Make sure to only add half the dressing initially!