



## Kale and Chickpea Salad

Ingredients	Directions
1 bunch Kale	<b>STEP 1:</b>  Tear leaves from ribs and into small bite size pieces. Unlike other green leaf lettuces, Kale has a stronger structure and is quite durable.  After tearing into pieces, wash with room temperature water and massage with your hands to break it down, the kale will turn a deeper green and become more fragrant. This process helps bring it's natural flavour out and makes it easier to chew and digest.
1 can chickpeas (drained and rinsed)  1 medium apple (washed and chopped)  ½ cup unsalted almonds  ½ cup dried cranberries	<b>STEP 2:</b>  Add remaining ingredients to the kale and drizzle with your favourite dressing for a hearty lunch time meal!

### Dietitian's Tips

- Rinsing your chickpeas will help lower the sodium content
- Add a side of crackers and cheese or a small wrap for a well-balanced meal

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### Nutrition Guide

*high fibre*  
*source of iron*

*low fat*  
*source of calcium*

*no cholesterol*  
*low sodium*