Weekly Recipe Challenge

Hearty Kale Salad (courtesy of EatingWell)

A riff on the classic warm spinach-and-bacon salad, this recipe features thin ribbons of kale instead. Any variety of kale works, but flatter-leaf lacinato kale makes it extra-special.

4 servings, about 1 1/2 cups each *(1/2 carbohydrate serving)* | **Active Time:** 25 minutes | **Total Time:** 25 minutes

Ingredients

- 6 cups very thinly sliced kale *(about 1/2 large bunch)*, tough stems removed
- 2 hard-boiled eggs, coarsely chopped
- 2 slices center-cut bacon *(may omit to make this a vegetarian option)*
- 2 tablespoons extra-virgin olive oil
- 1/2 cup chopped onion
- 1 1/2 cups sliced button mushrooms
- 2 tablespoons red-wine vinegar
- 2 teaspoons whole-grain mustard
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon salt

TIP: *To hard-boil eggs, place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling.*

Instructions

1. Place kale and eggs in a large bowl.
2. Cook bacon in a large skillet over medium heat until crisp. Leaving the bacon fat in the pan, transfer the bacon to a paper towel-lined plate. Chop when cool enough to handle.
3. Add oil and onion to the pan and cook, stirring, for 2 minutes.
4. Add mushrooms and cook, stirring, until softened, about 2 minutes more.
5. Remove from the heat and stir in vinegar, mustard, pepper and salt.
6. Pour the mushroom mixture over the kale and eggs. Add the bacon and toss to combine.

Nutritional Information *(per serving)* ***Exchanges:*** *1 1/2 vegetable, 1/2 medium-fat meat, 2 fat*

- **Calories** 182
- **Carbohydrates** 14g (Fiber 3g)
- **Cholesterol** 97mg
- **Fat** 12g (Saturated Fat, 2g; 7g Monounsaturated)
- **Sodium** 268mg
- **Potassium** 623mg
- **Protein** 3g

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