

Super Greens Summer Salad

Ingredients

- 1 bunch collard greens
- 1 bunch kale
- 1 cup blackberries
- ¾ cup dried cranberries
- ½-¾ cup of salad dressing (or make your own!*)
- Choice of protein: 1 can (3-4 oz) of chicken or tuna, or 1 can (15 oz) beans (garbanzo, black, kidney)

**Optional: Dressing Ingredients:*

- ¼ cup apple cider vinegar
- 2 tablespoons water
- 2 tablespoon sugar or honey
- 1 tsp salt
- ¼ tsp pepper
- ½ cup olive oil



Directions

1. Wash collard greens and kale. Remove and discard stems and center ribs of collard greens and kale. Stack leaves, and roll up, starting at 1 long side. Gather leaves and cut into ¼-inch-thick strips. Put in large mixing bowl and set aside.
2. Add dried cranberries, choice of protein, and salad dressing to bowl. Mix together. Cover and chill for about 1 hour. Serve immediately.
3. *If making dressing:* Using a whisk or fork, mix together apple cider vinegar, water, sugar, salt, and pepper together in small bowl. While mixing ingredients in small bowl, slowly pour olive oil into small bowl. Whisk until ingredients come together. Ready for salads! If not using immediately, may store in refrigerator for 2 weeks. Mix well before using.

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