

Mighty Greens Summer Salad

Ingredients

- 1 bunch collard greens
- 1 bunch kale
- 1 cup blackberries (or other fruit)
- $\frac{3}{4}$ cup dried cranberries
- $\frac{1}{2}$ - $\frac{3}{4}$ cup of salad dressing
- Choice of protein: 1 can (3-4oz) of chicken or tuna, or 1 can (15oz) beans (garbanzo, black, kidney)

Nutrition Tip:
The sweetness of fruit helps cut the bitterness of raw leafy greens



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 $\frac{1}{4}$ -inch-thick strips. Put in large mixing bowl.
2. Add dried cranberries, choice of protein, and salad dressing to bowl. Mix together. Cover and chill for about 1 hour. Serve immediately.

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