



trim healthymama™
© 2015 Welby Street Press LLC Unauthorized use prohibited. *Property of TrimHealthyMembership.com



Winter Sunshine Salad (S)

During the months of November and December, sweets abound! Parties, get-togethers, carry-ins, potlucks, work, school, and church functions become the norm. Even when eating on-plan goodies, we need to remember a very important part of Trim Healthy Mama ... HEALTHY GREENS! This salad is perfect to take along to any function or as a side dish to your Holiday feast! It's power-packed with nutrient dense goodness. Add additional protein such as chicken and you'll have a full meal!

Serving Size: Multiple-serve

INGREDIENTS:

- 1 bunch kale (about 10 oz; washed and shredded, or chopped)
- 1/4 cup olive oil
- 1 tsp THM Super Sweet Blend
- 1/4 tsp mineral salt
- 2 Tbsp lemon juice
- 1 red, orange, or yellow bell pepper
- 3/4 cup dried, unsweetened cranberries
- 1/3 cup Candied Pecans (or walnuts) (or, just toasted nuts - if you don't want it sweet)

INSTRUCTIONS:

1. Place the shredded or chopped kale into a bowl.
2. Pour the olive oil over the kale and massage it into the kale for a few minutes, coating it evenly. This will slightly wilt the kale and make it a more tender salad.
3. Add the sweetener, salt and lemon; mix together.

(Continued...)

4. Add peppers and cranberries; toss the salad.
5. Just before serving, add toasted or candied nuts.

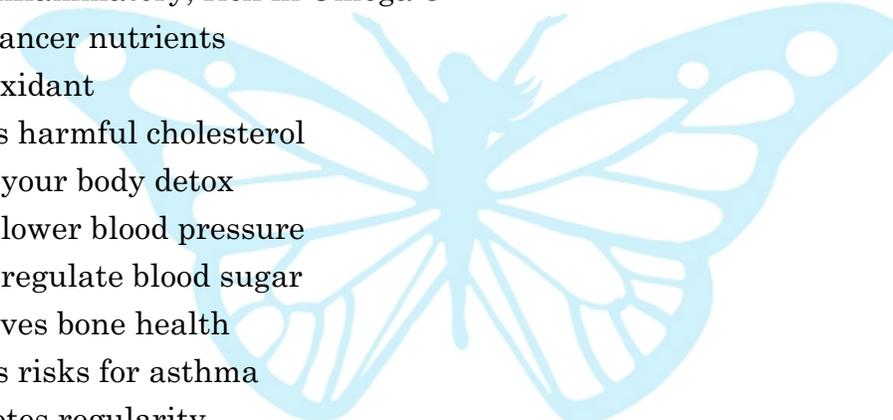
RECIPE NOTES:

Kale is a superstar and we want you to learn all about it's benefits. You can do a quick search and find out a massive amount of fantastic information on kale, but we thought we'd do a little studying for you and pass along the good news! Here is a little list of it's benefits to your health:

- ▶ anti-inflammatory, rich in Omega-3
- ▶ anti-cancer nutrients
- ▶ anti-oxidant
- ▶ lowers harmful cholesterol
- ▶ helps your body detox
- ▶ helps lower blood pressure
- ▶ helps regulate blood sugar
- ▶ improves bone health
- ▶ lowers risks for asthma
- ▶ promotes regularity

NSI (if using store-bought, plan-approved sweetener)

DF



trim healthy
mama™

The [Winter Sunshine Salad](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.