

Three Bean Greek Kale Salad

Yield: 5 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-kale-recipe>

Ingredients:

- 1 bunch kale lacinado, large center stems removed, chopped into 1-inch pieces
- 1/2 red onion thinly sliced
- 3 Heirloom tomatoes cut into 1/4? slices
- 1/2 cup Kalamata olives halved
- 4 ounces crumbled feta
- 1 1/2 cups red kidney beans drained and rinsed if canned
- 1 1/2 cups cannellini beans drained and rinsed if canned
- 1 1/2 cups chickpeas drained and rinsed if canned
- 1/3 cup olive oil
- 1/3 cup red wine vinegar
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 2 cloves chopped garlic
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/2 teaspoon kosher salt

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 20 milligrams
4. Fat: 24 grams
5. Fiber: 6 grams
6. Protein: 19 grams
7. SaturatedFat: 6 grams
8. Sodium: 850 milligrams
9. Sugar: 4 grams

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