

# Greek Kale Salad

Yield: 4 min  
Total Time: 15 min

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

## Ingredients:

- 1 lemon Large, juiced, about 3-4 tablespoons
- 1/4 teaspoon Dijon mustard
- 1 clove garlic smashed and peeled
- 1/4 teaspoon oregano
- salt
- pepper
- 6 tablespoons extra-virgin olive oil
- 1/2 red onion Small, sliced
- 1 bunch kale washed, stems removed, and cut into bite-sized pieces
- 1 cup cucumber Diced
- 1/2 cup roasted red peppers \*, thinly sliced
- 1/2 cup olives Kalamatta, halved
- 1/2 cup crumbled feta cheese or Cubed

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 15 milligrams
4. Fat: 27 grams
5. Fiber: 6 grams
6. Protein: 7 grams
7. SaturatedFat: 6 grams
8. Sodium: 840 milligrams
9. Sugar: 2 grams

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