

Thanksgiving Leftovers & Kale Salad

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-thanksgiving-leftovers>

Ingredients:

- 4 cups kale bite size
- 1 tablespoon extra virgin olive oil
- 1/2 cup relish cranberry, see last weeks recipe
- 1/2 cup green beans leftover, cut into bite size pieces
- 1 cup leftover turkey shredded into bite size pieces
- 1/2 cup chopped pecans leftover from pecan pie prep
- 1 tablespoon balsamic vinegar
- 1 tablespoon pure maple syrup

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 21 grams
3. Fat: 14 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 270 milligrams
8. Sugar: 13 grams

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