

# WINTER WARM KALE SALAD

*Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

*Serves: 1/8 of recipe*

## Nutrition (per serving)

Total Fat: 3 g

Saturated Fat: 1 g

Sodium: 251 mg

Total Carbohydrate: 11

Dietary Fiber: 3 g

Calories: 101

Protein: 4 g

PREP TIME: 20 min

COOK TIME: 20 min

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**TOTAL TIME: 40 min**



## Ingredients

4 strips bacon, coarsely chopped

4 carrots, sliced

2 cups peeled and cubed butternut squash

1 poblano pepper, seeded and chopped

1/2 cup red onion, finely chopped

1 tsp smoked paprika

1/4 tsp salt

1/4 tsp pepper



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HEALTHCARE

2 plum tomatoes, chopped

2 cups kale, chopped

### **Directions**

1. In large skillet, cook bacon over medium heat until crisp. Remove from skillet and set aside on paper towels.
2. Add carrots and squash to skillet. Cook, covered, for 5 minutes over medium heat.
3. Add poblano pepper and onion. Cook an additional 5 minutes, stirring occasionally, or until vegetables are tender.
4. Stir in salt, pepper, paprika. Add tomato and kale. Cook, covered, until kale is wilted, about 2-3 minutes.
5. Top with bacon and serve warm.