

## Apple Dijon Collard Greens Salad

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*Did you know collard greens are a nutritional powerhouse full of fiber, Vitamins A, C, K, iron, folate, and calcium?*

*Collard greens are a southern staple, traditionally cooked for hours with a piece of smoked meat. This recipe uses collards raw in a salad with a bright dressing that helps the collards break down and soften a bit. Try this fall salad as an alternative to using lettuce.*

**Yields:** 4 servings

### Ingredients:

- 1 bunch collard greens
- 1/3 cup **olive oil**
- ¼ cup **apple cider vinegar**
- 1 clove **garlic, peeled and crushed**
- 1 ½ tablespoons **Dijon mustard**
- ¼ teaspoon **salt**
- ½ tsp **black pepper**
- 1 medium Granny Smith **apple**
- ¼ cup **golden or black raisins**
- ½ cup **walnuts, toasted**

### Instructions:

1. Rinse collard greens well under cool running water. Remove center ribs and discard. Stack leaves and roll like a cigar. Thinly slice with a knife. Add to the salad bowl.
2. Combine the olive oil, apple cider vinegar, garlic, mustard, salt and pepper in a bowl. Whisk until the dressing is thick and creamy. Add to the collard greens and mix well. The dressing will help the collards soften. Set aside while you prepare the rest of the salad.
3. Wash the apple and dice it into cubes.
4. Roughly chop the toasted walnut halves.
5. Add chopped apple, raisins and walnuts to the bowl with the collard greens and mix well.

**Per Serving:** Calories 339 kcal, Carbohydrates 19.4g, Protein 4.5g, Saturated Fat 3.6g, Sodium 304mg, Fiber 4.9g, Sugars 10.8g

This recipe was adapted from [Budgetbytes.com](http://Budgetbytes.com)