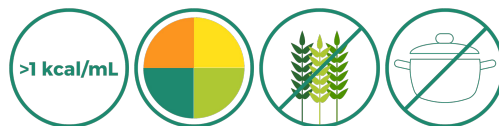


# Citrus Kale Salad with Salmon



*This recipe features ground ginger which can help ease stomach upset and is an anti-inflammatory.*



## Nutrition Info

- Makes:** 30 fluid ounces
  - = 3 <sup>3</sup>/<sub>4</sub> cups
  - = 890 milliliters (mL)
- Calories:** 980 kcal
- Kcals/ mL:** 1.11 kcal/ mL
- Carbohydrate:** 56%
- Protein:** 17%
- Fat:** 27%

**Make it for the whole family:**

<https://www.myrecipes.com/recipe/salmon-with-ginger-orange-glaze>.

# Citrus Kale Salad with Salmon

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## Ingredients

- 2 cups 2% milk
- 1 medium orange, peeled
- 1 cup fresh kale leaves or other leafy greens
- 1 ½ cup cooked brown rice
- 2 ounces canned boneless, skinless salmon
- ¼ cup raw walnut pieces
- ¼ cup dried cranberries
- ¼ teaspoon ground ginger

## Preparation

1. Add ingredients to blender in order listed. Blend until completely smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative

## Kitchen Gear

High power blender

Food scale

Measuring tools:

- 1 cup
- ½ cup
- ¼ cup
- ¼ teaspoon

## Tips

Swap the salmon for another protein for variety or dietary compatibility.



For more recipes and information visit [www.CookingForTubies.com](http://www.CookingForTubies.com)  
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