

Kids Eat Right Month: Try Day Friday - Kale Honey-Mustard Salmon with Kale

Servings: 4

Ingredients

- 1/4 cup grainy Dijon mustard
- 2 tablespoon honey
- 4 salmon fillets
- 1 bunch kale, stemmed and sliced
- 2 shallots, sliced
- 2 tablespoon olive oil
- 1 lemon, cut into wedges



Directions

1. In bowl, mix mustard and honey; spread on salmon and season.
2. On baking sheet, toss kale, shallots and 1 tablespoon oil; season.
3. Top with fillets and roast at 400 degrees until salmon flakes with a fork, 10 minutes.
4. Drizzle with remaining oil; serve with lemon.

Source: Rachel Ray Everyday, April 2016.

Kale

- Select kale with dark green leaves that are small to medium in size. Avoid kale with brown or yellow leaves.
- Prepare kale by washing thoroughly before eating. Remove the stalk and central vein by hand or with a knife. Chop or tear leaves for cooking. If eating kale raw, allow it to marinate in dressing for a couple of hours to soften the tough leaves.
- Store kale in a plastic bag in the coldest part of the refrigerator for up to 5 days.
- Nutritional benefits: Kale is low in calories, high in fiber and zero fat. It is filled with many nutrients, vitamins, folate and magnesium.

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	690	
Total Fat	32g	49%
Saturated Fat	5g	25%
Trans Fat	0g	
Cholesterol	220mg	23%
Sodium	540mg	23%
Carbohydrates	17g	6%
Dietary Fiber	1g	4%
Sugars	11g	
Protein	80g	

MYPLATE FOOD GROUPS	
<input type="checkbox"/>	Grains
<input type="checkbox"/>	Fruits
<input checked="" type="checkbox"/>	Vegetables
<input checked="" type="checkbox"/>	Protein
<input type="checkbox"/>	Dairy