

Kale White Bean and Pesto Salad

submitted by fkl

Per serving: 423 Calories • 54.1g Carbs (12.3g Fiber) • 16.4g Fat • 18.8g Protein

Ingredients

Ingredients scaled to: 3 serving

6 cup, chopped **Kale** (402 grams)

1 cup chopped raw **Grape Tomatoes** (150 grams)

2 cup **White beans** (524 grams)

1/2 cup **Sauce, pesto, Classico, basil pesto, ready-to-serve** (124 grams)

1 lemon yields **Lemon juice** (47 grams)

Directions

Directions are based on the original recipe of 3 servings

1. Finely chop kale and place in a large bowl.
2. Rinse and drain beans, slice the tomatoes in half, and add them both to the bowl.
3. Add the pesto and then toss with lemon juice until everything is coated.