

Make Ahead Blueberry Kale Salad



Kale salad is, hands down, my favorite veggie side dish for a time-crunched weeknight. You can store it, dressing and all, in the fridge for at least a couple of days, it's full of nutrients, and you can make it a million different ways so it never gets boring.

Go online and search for information on the health benefits of kale and you will find claims galore- it promotes weight loss, wards off cancer and heart disease, prevents diabetes, and even prevents wrinkles! More on that [here](#).

You can buy pre-bagged kale salads at the grocery store in many different flavors and varieties. I buy those a lot

because they are so easy and allow me not to think too much after a long day at work, but they aren't too friendly on the wallet. Sometimes I think these pre-made salads make sense, even financially- it's cheaper than buying all the ingredients to make something like it from scratch. But, when I happened to have kale left over from another recipe and a pack of blueberries from Costco, I found this simple salad at www.natashaskitchen.com. It was as easy to mix up as any packaged one, and didn't cost me a dime!

Toss in a little leftover roasted chicken or even shrimp to make this a fabulous brown-bag lunch. I served mine with some barbecued chicken and my [Browned Butter Skillet Cornbread](#).

This sweet and tangy salad was the perfect foil to spicy barbecue.

For this salad, you could buy the kale in bunches and clean it yourself, or you can buy pre-bagged, chopped kale. I get mine at Aldi's already chopped for like \$2. For the carrots, just use what you've got. I had baby carrots that weren't being eaten, so I chopped up some of those. Regular carrots or even the bagged shredded carrots would work great as well.

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- 5 cups kale, chopped into bite-sized pieces
- 1 cup carrots, peeled and cut into bite-sized pieces
- 1 cup raisins
- 1/3 cup olive oil
- 1/4 cup apple cider vinegar
- salt and pepper to taste
- 1 cup fresh blueberries

In a large bowl, mix kale, carrots, raisins, olive oil, vinegar, salt and pepper until well combined. Cover with airtight lid and store in refrigerator until ready to serve. Stir in blueberries just before serving.