



LUNCH | PEAK SEASON: Summer

Peach & Cucumber Kale Salad with Lime Basil Vinaigrette

Recipe by: Kiandra Call

Servings: 4
Prep Time: 15 minutes
Total Time: 15 minutes

Nutritional Info

per 1 ½ cup serving, (without optional honey)

Calories: 110

Carbs: 10g

Fiber: 3g

Protein: 2g

Fat: 8g

Sugars: 6g

Sodium: 50mg

Ingredients

For the salad:

- 4 cups curly kale, ribs removed and leaves chopped
- 2 medium peaches, pitted and thinly sliced
- 1 medium cucumber, thinly sliced
- ½ small yellow onion, thinly sliced (optional, for bite)
- ½ cup pea shoots (optional, for garnish)
- Feta Cheese (optional)

For the vinaigrette:

- 2 tbsp fresh lime basil, finely chopped (or substitute regular basil + 1 tsp lime juice)
- 3 tbsp olive oil
- 1 ½ tbsp apple cider vinegar (or white wine vinegar)
- 1 tsp Dijon mustard
- 1 tsp honey or agave (optional, for sweetness)
- Salt & pepper, to taste

Instructions

- **Prep the kale:** Place chopped kale in a large bowl. Drizzle with 1 tsp olive oil and a pinch of salt. Massage the leaves for 1–2 minutes until slightly softened and darker green.
- **Add produce:** Layer in peaches, cucumber, onion, and pea shoots and feta cheese.
- **Make vinaigrette:** In a small jar or bowl, whisk together lime basil, olive oil, vinegar, mustard, honey (if using), salt, and pepper until emulsified.
- **Toss & serve:** Pour vinaigrette over salad just before serving. Toss gently to coat.

Additional Info

Tips for pairing:

- Add grilled chicken, salmon, shrimp, or tofu for a complete meal.
- Sprinkle with toasted nuts or seeds for extra crunch and healthy fats.
- Swap peaches for watermelon or nectarines when in season.

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