

## **Kale Salad**

4 cups chopped raw kale  
3/4 cup shredded carrots  
1 small avocado, diced  
1/2 cup sweet onion, diced  
2-3 Tbsp seeds or nuts (I added some mineral-rich pepitas)

### **Tahini Dressing**

2 Tbsp tahini  
2 Tbsp maple syrup  
3 Tbsp fresh lemon juice + pinch of zest  
1 Tbsp extra virgin olive oil (optional)  
2-3 pinches cayenne  
pinch of salt + a few pinches of black pepper

## **Kale Salad**

**Step 1.** Wash your fresh kale greens. Run each thick leaf under warm to hot water and massage any grit away. Then refresh the leaves by running them all under ice cold water.

**Step 2.** Prep your ingredients. Remove the thick vein from your kale leaves and discard. (You could keep this on, but it is quite chewy.) Also prep your other veggies however you'd like. Chop, dice, cube, shred... Add the chopped kale and veggies to a large mixing bowl.

**Step 3.** Make your dressing. In a small bowl, whisk your dressing together.

**Step 4.** Toss! Add the dressing to your bowl of veggies and kale and start tossing! toss until the dressing is well absorbed into the greens and veggies.

**Step 5.** Chill it! Allow at least an hour for the dressing to really sink into the ingredients. Plus chilling everything makes it refreshing and tasty as a cold salad side. You can even make this salad the night before you serve it. Overnight chilling works! The greens should be eaten within 48 hours.

**Thanks for submitting ....H. THERIOT**