



Recipes

Salads

Five Flavor Kale Salad

Prep and Cook Time: 35 minutes

Yield: 4 servings

Ingredients:

1 large bunch raw Dino Kale, washed and chopped

Tahini dressing:

3 tablespoons raw tahini (sesame paste)

3 tablespoons lemon juice (add more to taste)

1 tablespoons Bragg's Liquid Aminos

1/4 cup olive oil

1/2 teaspoon crushed red pepper flakes

1 clove crushed raw or roasted garlic (optional)

Sea salt to taste

Directions:

1. Mix dressing ingredients in a large bowl.
2. Chop kale into 1 inch trips, removing the dense stalks
3. Toss kale and dressing well and let it sit for 15-30 minutes before serving.

Option: Add shredded carrots and/or raw sunflower seeds for more crunch.