



Sherry's Kicking Kale Salad

Kale Salad Ingredients

- 1 bunch Curly or Dinosaur Kale (Organic), sliced chiffonade
- 3 Carrots, Medium to large shredded
- 1 large bell pepper, chopped red preferred, but green will do!
- Dressing: 1-2 cloves of garlic minced
- ½ cup lemon juice
- 2 T Tahini
- 1 T Almond Butter
- 2 tsp minced, peeled ginger
- 2 T Braggs Liquid Aminos
- 1T Sesame Oil
- 1 T Brown Sugar
- 1 T AGAVE OR MAPLE SYRUP
- 2 T TOASTED SESAME SEEDS
- 2 T TOATED SUNFLOWER SEEDS
- ¼ CUP TOASTED PUMPKIN SEEDS
- ½ CUP DRIED CRANBERRIES CHOPPED



Cooke's Corner Recipe

Kale Salad Putting It all together

- Place greens, peppers and carrots in large bowl. Top with toasted Sesame seeds, pumpkin seeds and cranberries. Mix together
- Mix the dressing with whisk in small bowl.
- Pour dressing over salad.
- Massage dressing into greens
- Toss and serve. This gets better the longer it sits.

