



# KALE SALAD

Kale is one of the healthiest vegetables there is with its exceptional nutrient richness. Combine kale with onions, red peppers, tomatoes and garlic and you have a dish packed with antioxidants and powerful anti-inflammatory benefits.

## SALAD INGREDIENTS

- 2 bunches of organic kale leaves
- 1 organic red pepper
- 1 small organic vidalia onion
- 1 cup organic cherry tomatoes

## DRESSING INGREDIENTS

- 1/2 cup pine nuts
- 2 cloves garlic
- 1 tsp sea salt
- 1/2 cup fresh basil
- 2 tbsp fresh oregano
- 2 tbsp fresh thyme
- 1/2 cup fresh lemon juice
- 1/2 cup extra virgin olive oil

## DIRECTIONS

1. Wash and dry kale leaves and remove the center stalk
2. Shred the kale leaves in a food processor or chop by hand and transfer to a large bowl
3. Chop remaining salad ingredients and mix with the kale
4. To make the dressing, combine all the ingredients in a food processor or blender and blend until creamy
5. Gradually add the dressing to the salad combining thoroughly

## NOTES

\*When purchasing kale, choose organically grown if possible.

## SERVINGS

\*Serves 4 as a main dish  
Serves 8 as a side dish

**PREP TIME: 30-40 MINUTES**