

Kale Salad

Submitted by: Alice Valaskovic

DRESSING

1/3 C. Olive Oil

1/3 C. fresh Lemon Juice

1/3 C. Braggs Amino Acid (stands in for soy sauce – Whole Foods)

SALAD

1 large bunch Kale – deveined

½ mild Onion – slice into thin ½ moons

1/3 C. Sesame Seeds

1 1/3 C. unsalted Sunflower Seeds

1/3 C. Pumpkin Seeds

Marinate onions in dressing while you prepare kale.

Roll deveined kale like a cigar, slice into thin ribbons.

Toss with onions and dressing, toss in nuts.

Marinate and toss a couple of times over 24 hours.