



#### **KALE SALAD INGREDIENTS:**

- Lacinato or curly kale
- Topping suggestions: shredded chicken, slivered almonds, dried cranberries, mandarin oranges (but anything goes!)

#### **DRESSING INGREDIENTS:**

- 1/2c. rice wine vinegar
- 2T olive oil
- 3T sesame oil
- 2T soy sauce
- juice of half or whole lemon (to taste)
- 1T Agave nectar
- 1t ginger, grated on a microplane
- 1 clove of garlic, passed through garlic press or grated on a microplane
- 1t toasted sesame seeds
- fresh ground pepper
- pinch of kosher salt (if needed, to taste)

#### **PREPARATION:**

- Remove ribs from kale and chop into 1-2" squares
- Assemble all dressing ingredients in a jar and shake vigorously to mix.
- Pour dressing onto kale and massage with hands to fully cover each leaf.
- Cover bowl and put in refrigerator to marinate at least 3 hours, or overnight.
- Immediately before serving add toppings and toss.
- Eat, drink, and be merry!