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Prep Time:
15 mins

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Cook Time:
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Ready In:
15 mins

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Servings: Makes about 6 cups

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Ingredients

8 cups kale leaves, torn into bite-sized pieces (thick stems removed)
1 cup shredded red cabbage
1 cup green shredded cabbage
½ cup thinly sliced red radishes
½ cup thinly sliced celery
1 cup matchstick carrots
½ cup dried cherries or cranberries (preferably apple juice sweetened)
½ cup toasted nuts (walnuts, pecans, almonds)

½ cup your favorite salad dressing (see additional recipe below)

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Christine's Favorite KALE SALAD

www.naturalkitchenschool.com

Directions

Mix all salad ingredients together and toss with dressing. Rub the dressing into the salad with your hands. Let sit for several hours before serving.

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Homemade Vegan “Honey” Mustard Dressing:

Servings: Makes 1½ cups

Ingredients

½ cup maple syrup or brown rice syrup
⅓ cup extra-virgin olive oil
¼ cup yellow mustard
¼ cup apple cider vinegar
1 ½ tablespoons tamari

Directions

Combine all the ingredients in a glass jar and shake well.