Low sodium soy sauce or tamari

**Tips and Tricks:**

All of these hearty, raw veggies that make up this meal will replenish your gut and nourish your immune system. I know the dressing sounds like a strange combination, but just get it all mixed together and on the kale and I promise you will not be disappointed.

 **Nutritional Information Per Serving:**

**Calories: 259.4**

**Fat: 21.4**

**Cholesterol: 0
Sodium: 576.4 mg
Total Carbohydrate: 29 g
Dietary Fiber: 11.3 g
Sugars: 9.2 g
Protein: 12.6 g**

 **For the dressing:**

3 tablespoons coconut aminos

1 tablespoon maple syrup

2 tablespoons olive oil

1 teaspoon sesame oil

¼ cup tahini

1 teaspoon ginger, grated

2 tablespoons apple cider vinegar

1 tablespoons seasoned rice vinegar

Pinch black pepper

½ teaspoon coriander

Pinch of cayenne

**Directions:**

1. Add all of the dressing ingredients to a small bowl and whisk until they are well blended.
2. Add the kale to a large salad bowl, add half of the dressing and toss it until the kale is very well coated. The vinegar in the dressing will break down some of the tough cell walls in the kale, giving it the right texture and taste when you eat it. Let it marinate for the next 20 minutes while you chop the remaining veggies.
3. Add zucchini dices to the bowl first and toss to coat.
4. Add bell pepper, carrot, scallions, cabbage, and avocado to the bowl and toss well to coat.
5. Serve with sunflower seeds or hemp seeds sprinkled evenly on top and remaining dressing on the side to add as desired.

**Ingredients:**

1 bunch kale, stems removed, washed and finely chopped

1 small zucchini, diced

1 colorful bell pepper, diced

2 carrots, grated

4 scallions, diced

1 cup shredded cabbage

1/3 cup raw sunflower or hemp seeds

1 large or two small avocados, chopped

Copyright Meal Plans for Health, July 2013. All Rights Reserved.

**Kale Refresh Salad with Tahini Dressing**

**Prep Time: 30 minutes Cook Time: 0 minutes** **Total Time: 30 minutes**

**Servings: 4 Serving Size: 1 large bowl**