

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

Ingredients:

1 bunch kale, stems removed, washed and finely chopped
2 ears fresh sweet corn or 1 cup thawed, frozen corn
1 can black beans, drained and rinsed
1 red bell pepper, chopped
½ carrot, grated
1 small white or yellow onion, chopped
½ cup shredded cabbage
1/3 cup raw sunflower or hemp seeds
1 avocado, chopped

For the dressing:

¼ cup white miso paste
3 tablespoons low sodium tamari or soy sauce*
3 tablespoons maple syrup
2 tablespoons olive oil
3 tablespoons tahini
2 tablespoons apple cider vinegar
2 tablespoons seasoned rice vinegar
Pinch black pepper
½ teaspoon coriander
Pinch of cayenne

Directions:

1. Add all of the dressing ingredients to a large salad bowl and whisk until they are well blended. Remove half of the dressing and set it aside for later.
2. Add the kale to the salad bowl with the dressing and mix 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 while you're chopping the rest of your veggies.
3. Cut the corn off of the cobs (or defrost your frozen corn) and then add to the bowl.
4. Add the remaining ingredients to the bowl and toss well to coat.
5. Serve with extra dressing on the side.

Tips and Tricks:

I don't usually subscribe to salads as entrees, but this salad is amazing on its own. It's very filling and delicious for those days when you don't want to turn on the stove at all. All of the raw veggies will make you feel amazing as well.

*To make this dish gluten free, choose gluten free soy sauce or tamari.

Nutritional Information Per Serving:

Calories: 514
Fat: 26.1
Cholesterol: 0
Sodium: 1199 mg
Total Carbohydrate: 63.2 g
Dietary Fiber: 13.8 g
Sugars: 13.7 g
Protein: 15.4 g