

## Weekend Glow Kale Salad

**Yield:** 4 servings

### Ingredients:

- 1/2 large head of kale (about 4-6 cups)
- 1 cup finely chopped red onion
- 1/2 red bell pepper
- 1/2-3/4 cup chopped carrot (2 small carrots)
- 1 English cucumber (2 cups chopped halves)
- 1 avocado, chopped
- 1 & 1/4 cup chopped grape tomatoes (or other variety)
- 1/2 cup mixed raisins and Goji berries
- 1/4 cup hemp seed
- 1/3 cup chopped walnuts

Dressing: **1 batch of** Lightened Up Tahini-Lemon Dressing

### **Directions:**

1. Chop vegetables and mix in a large mixing bowl. Reserve hemp seed and walnuts for sprinkling on top.
2. **Make your** Lightened Up Tahini-Lemon Dressing in a food processor and process until smooth.
3. Tear the leaves off of the kale and rip into bite-sized pieces. Wash and dry kale leaves.
4. Mix the vegetables, kale leaves, and full batch of dressing (3/4-1 cup) in large bowl until thoroughly combined.
5. Place in fridge to 'marinate' for 10-15 minutes. Serves 4. Keeps in fridge in a sealed container for 1 day.

### Twists

1. try any small dried fruit? Cranberries, cherries, blueberries. Mmmmm
2. I'm not a big fan of walnuts so I would seriously be tempted to change them to pecans, cashews or almonds.

### Lightened Up Tahini-Lemon Dressing

**Yield:** Just under 1 cup of dressing

#### Ingredients:

- 1/4 cup Tahini
- 2 garlic cloves
- 1/2 cup fresh lemon juice (about 2 lemons)
- 1/4 cup [Nutritional yeast](#) or a bit more, to taste
- 2-4 tbsp Extra virgin olive oil, to taste
- 1 tsp kosher salt + freshly ground black pepper, or to taste
- 3 tbsp water, or as needed

#### **Directions:**

1. In a food processor, add all ingredients and process until smooth. Makes just under 1 cup.