

Kale Salad

Ingredients:

1 bunch kale (either winterbor or lacinato or both)

1 red pepper- cut in half, seeded, and sliced thin

½ red onion- cut in half, and slice into thin half moons

1 hot pepper- seeded, chopped small

1 clove garlic- chopped

Apple cider vinegar- about 2 Tbs

Sea salt- about 1 tsp

Agave nectar- about 1 Tbs

Black pepper- ¼ tsp

Coriander powder- about 1 tsp

Juice of one lemon

Extra virgin olive oil- about 1 Tbs

Add 2 Tbs toasted sesame seeds (optional)

Preparation:

Chop up the kale into large pieces, wash in a colander, dry, then place in a large bowl. Add the red pepper, red onion, and hot pepper. In a separate bowl add the garlic, vinegar, oil, salt and pepper, agave nectar, coriander powder, and lemon juice. Whisk together, taste, and adjust flavor as desired. Pour the dressing over the kale and massage the dressing into the kale and other veggies. Massage well combining all together and making the kales leaves soft. Enjoy!