

# Mediterranean Salad

## **Ingredients:**

1 pint cherry tomatoes, sliced in half

½ cup fresh basil, roughly chopped

¼ cup fresh mint, roughly chopped

2 zucchini, cut in half and cut into ¼" half moons

1 head of green leaf lettuce

½ bunch red Russian kale

1, 8 oz can of great northern white beans (any white bean will be ok)

## **Dressing:**

¼ cup balsamic vinegar

2 Tbs extra virgin olive oil

1 tsp salt

½ tsp ground black pepper

½ tsp roasted red pepper flakes

1 Tbs nutritional yeast flakes

2 tsp honey

## **Preparation:**

Put the tomatoes, zucchini, basil, mint, and white beans into a large bowl. Put all the dressing ingredients into another bowl and whisk until well combined. Pour over the tomato/zucchini mix and toss gently. Wash and roughly chop the green leaf lettuce and place on a large serving plate. Place the red Russian kale around the plate with the stems under the green leaf lettuce and the leaf sticking out (this just makes it look pretty).

Pour the tomato/zucchini mix over the green leaf lettuce and serve.

Add fresh mozzarella cheese or feta cheese- optional.