

kale, sesame and ginger salad

SERVES 4

RECIPE FROM: [Eat Life Whole](#)

COOK TIME: 15 minutes

1 bunch of kale, washed and chopped or torn into 2 inch pieces (ribs left on)

2 Tbsp toasted sesame seeds

Dressing:

1 Tbsp ginger, minced

2 Tbsp toasted sesame oil

2 Tbsp apple cider vinegar

½ tsp fresh ground pepper

½ tsp sea salt



PREPARE an ice bath in a large bowl (about 12 ice cubes and cold water). Set aside.

BOIL 4 cups of water in a medium pot.

BLANCH kale in hot water for about 30 seconds and immediately drop into the cold ice bath using tongs to stop the cooking process. The leaves should turn bright green. Set aside to cool.

PREPARE dressing in a small bowl by whisking garlic, sesame oil, vinegar and salt.

STRAIN kale to remove all of the water.

TOSS with toasted sesame seeds and dressing.

MAKE IT A MEAL: Serve with chicken, pork tenderloin, salmon, tofu or any other protein.