

Kale Maple Mustard Salad

Instructions

1. Wash and chop all of the vegetables then place them in a large bowl.
2. Prepare the dressing by pureeing all of the ingredients in a blender.
3. Pour the dressing over the salad and either place a lid on the bowl and shake, or toss the salad with tongs to evenly distribute the dressing.

TIP: Proper dressing distribution is the key to an amazing salad! Serve this salad with a baked sweet potato on the side for a more filling, low-calorie meal.

Ingredients

- 1 bunch of kale
- 1 cup of shredded purple cabbage
- 1 cup of finely chopped broccoli florets
- 1 cup of shredded carrots
- One 15oz can of chickpeas, rinsed (use shredded chicken if preferred)

Dressing ingredients:

- Zest and juice of 2 lemons
- One 15oz can cannellini beans, rinsed
- 1/4 cup of tahini
- 1/4 cup of stone-ground or brown mustard
- 3 tablespoons of soy sauce
- 2 tablespoons of 100% pure maple syrup
- 1/4 cup of nutritional yeast (optional)
- 1/2 cup of water

Grocery List

Produce

- 1 bunch of kale
- 1 head of purple cabbage
- 1 cup of broccoli florets
- 1 cup of shredded carrots
- 2 lemons

Canned Goods/Grocery

- 1 can of chickpeas
- 1 can of cannellini beans
- Tahini
- Stone-ground or brown mustard
- Soy sauce
- Maple syrup
- Nutritional yeast (optional)