

Kale Maple Mustard Salad

Cooking Instructions

1. Wash and chop all vegetables. Place in large bowl.
2. Prepare dressing by mixing all ingredients in a blender and pureeing.
3. Pour dressing on salad and either place lid on bowl and shake or toss with tongs to evenly distribute dressing. (Proper dressing distribution is the key to amazing salads!) Also goes really well with a baked sweet potato on the side for a more filling, but low calorie meal.

Recipe

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

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

Grocery List

Produce

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

Grocery

- 1 15oz can chickpeas
- 1 15oz can cannellini beans
- Tahini
- Stone-ground or brown mustard
- Soy sauce
- Maple Syrup
- Nutritional Yeast (optional)