

Raw Beet and Kale Salad



Vegetable Ingredients:

- 1 bunches kale, sliced thin
- 1 medium beets, peeled and shredded
- 2 carrots, peeled and shredded
- 3 green onions, sliced

Dressing Ingredients:

- ¼ cup olive oil
- ¼ cup apple cider vinegar
- 1/8 cup tamari (soy sauce)
- 1/8 cup tahini (sesame paste, from Middle East store or health food store)
- ½ tablespoon garlic, minced
- ½ teaspoon oregano, minced
- ½ teaspoon basil, minced

Topping Ingredients

- ½ cup sunflower seeds toasted

Directions:

- 1) Place prepared vegetable ingredients in a large bowl.
- 2) In a blender combine the dressing ingredients: oil, vinegar, tamari, tahini, garlic, oregano, and basil. Blend until smooth.
- 3) Pour over the vegetables and mix well.
- 4) Sprinkle salad with sunflower seeds just before serving.