

Let's Make Super Salads April 2015

Raw Beet and Kale Salad **Serves 4 to 6**

Vegetable Ingredients

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

Dressing Ingredients

- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 2 tablespoons tamari (soy sauce)
- 2 tablespoons tahini (sesame paste, from Middle East store or health food store)
- 1 teaspoon garlic, minced
- 1 teaspoon oregano, minced
- 1 teaspoon basil, minced

Topping Ingredients

- 1/2 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 dressing over the vegetables and mix well.
- 4) Sprinkle salad with sunflower seeds just before serving.