

Creamy & Dreamy Colorful Kale Salad

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 bunch curly green kale
- 1 tsp olive oil
- Pinch salt
- 2 cups radicchio, chopped
- 1/2 cup grated/shredded carrots
- 2 apples, chopped (granny smith, royal gala or honey crisp)
- 1 sweet pepper, chopped
- 3 green onions, chopped
- 1/2 cup chopped almonds
- 1/2 cup currants or raisins
- Optional: Shaved parm

DRESSING

- 1/3 cup tahini paste
- Juice from 1 lemon
- 1/4 cup olive oil
- Optional: 1-2 tbsp water to desired consistency
- 1 fresh garlic clove, minced
- Sea salt to taste

Instructions:

1. Wash kale, de-stem and cut into chunks. Place in a large salad bowl, drizzle with olive oil and pinch of salt. Massage with hands for a few minutes.
2. Add chopped radicchio, carrots, apple, sweet pepper and green onions. Toss together.
3. In a small bowl, make the dressing. Combine the tahini, lemon and olive oil. Whisk with a wire whisk for best results. You'll notice it starts to thicken and then thins out again when you add a touch of water to desired consistency. The water is only necessary if the dressing is too thick. But that all depends how thick the tahini is that you're using.
4. Add garlic and sea salt. Set aside.
5. Drizzle dressing over top of salad and toss. Top with almonds, currants and parm if using.
6. If you don't plan on eating it right away, place in fridge undressed. Add dressing just before serving.
7. Keep in fridge overnight and eat within a day. The curly kale holds it's shape really well!

Notes:

Serves 4