

Sarah's Healing Touch

Kale Bistro Salad

People always ask me how a good way to eat kale is besides green smoothies. Here is a salad that you will love that uses kale. You will be surprised how yummy this salad is and your taste buds might dance a little! ;)



Ingredients

Dressing

- 3 T. Lemon juice
- 4 T. Extra-virgin olive oil
- Garlic clove, finely minced or crushed
- 1/2 t. Dried basil
- 1/2 t. Dried oregano
- 2 t. Real Salt

Salad

- 4 cups finely chopped Tuscan kale, ribs removed
- 1 (15-ounce) can chickpeas, rinsed and drained
- 2/3 cup dried cranberries
- 1 cup organic edamame
- Fresh Mint
- Fresh Basil

Rejuvenate Refresh Relax

Sarah's Healing Touch

- A few carrot sliced in long slivers
- Small package of Cherry Tomatoes

Instructions

- Add all dressing ingredients to a large salad bowl and whisk until combined. Let sit and marinate while putting together the rest of the salad.
- Into the bowl throw the chopped kale, chickpeas, cranberries and edamame. Mince a handful of the fresh mint and a handful of basil and toss them in, along with the carrot slivers and cherry tomatoes. Pour the dressing evenly over the salad and toss well to combine.

Rejuvenate Refresh Relax