

GARLIC AND GINGER KALE SALAD

DIRECTIONS:

- To make the dressing, add the garlic, lemon juice, soy sauce, ginger and black pepper to a blender or food processor and puree. Slowly add olive oil with the on a low speed to thicken the dressing.
- In a large bowl, add kale, carrots, cabbage, and garbanzo beans. Pour dressing into the bowl and toss to coat. Mix thoroughly and let salad sit for at least 20 minutes.

YOU WILL NEED:

- 1 bunch of kale, washed, dried, deribbed, and chopped
- 3 cloves garlic, peeled
- ½ cup lemon juice
- 1/4 cup soy sauce
- 3 inches fresh ginger, peeled
- ½ teaspoon black pepper
- 1 cup olive oil
- 1 carrot, grated
- 1 cup red cabbage, thinly sliced
- 1 cup garbanzo beans



9

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the dressing.

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GINGER HALE SALAD

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GINGER **KALE SALAD**

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- black pepper to a blender or food processor and puree. Slowly add olive oil with the on a low speed to thicken To make the dressing, add the garlic, the dressing. lemon juice, soy sauce, ginger and
- In a large bowl, add kale, carrots, cabbage, and garbanzo beans. Pour dressing into the bowl and toss to coat Mix thoroughly and let salad sit for at least 20 minutes.

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3 cloves garlic, peeled

- 1 carrot, grated

- 1 cup garbanzo beans



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- ½ cup lemon juice
- 1/4 cup soy sauce
- 3 inches fresh ginger, peeled 1/2 teaspoon black pepper
- 1 cup olive oil
- 1 cup red cabbage, thinly sliced

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1 cup garbanzo beans

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1 cup red cabbage, thinly sliced

1 carrot, grated 1 cup olive oil 1/2 teaspoon black pepper 3 inches fresh ginger, peeled