



# GARLIC AND GINGER KALE SALAD

## DIRECTIONS:

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



Toll-Free Number: (888) 704-3663  
[www.feedingthegulfcoast.org](http://www.feedingthegulfcoast.org)



# GARLIC AND GINGER KALE SALAD

## DIRECTIONS:

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



Toll-Free Number: (888) 704-3663  
[www.feedingthegulfcoast.org](http://www.feedingthegulfcoast.org)



# GARLIC AND GINGER KALE SALAD

## DIRECTIONS:

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



Toll-Free Number: (888) 704-3663  
[www.feedingthegulfcoast.org](http://www.feedingthegulfcoast.org)