

Asian Raw Kale Salad

Ingredients:

Raw Red Pepper and Ginger Salad Dressing

- ½ cup olive oil
- 1 red bell pepper, seeded and chopped into big pieces
- 2 tablespoons apple cider vinegar
- 1 lime, juiced
- 2 tablespoons agave nectar
- ¾ inch piece of fresh ginger, peeled and roughly chopped
- 1 clove garlic

Blend all above ingredients in food processor until smooth.

Salad

- 5 big stalks of kale
- Sea salt
- Raw red pepper and ginger salad dressing (see recipe above)
- ½ avocado, cubed
- 1 carrot, peeled and sliced into strips with a vegetable peeler
- 3 tablespoons purple cabbage, chopped
- 1 tablespoon cilantro, roughly chopped
- 1 tablespoon red onion, thinly sliced
- 1 teaspoon sesame seeds

Directions:

Pull the kale leaves off from the tough stem, and break into small, bite sized pieces. Sprinkle with sea salt and massage the leaves for a couple of minutes, meaning that you should scrunch handfuls of kale in your hands, release, repeat. This step improves the taste of raw kale. Throw the kale into a bowl, drizzle in the salad dressing (don't skimp), and toss thoroughly. Add the avocado, carrots, cabbage and red onion. Top with cilantro and a big sprinkle of sesame seeds. Enjoy!

Note: This dressed salad should keep well for a couple of days in the refrigerator. For best results top with avocado just before serving.