

Weekend Glow Kale Salad

Yield: 4 servings

Ingredients:

- 1/2 large head of kale (about 4-6 cups)
- 1 cup finely chopped red onion
- 1/2 red bell pepper
- 1/2-3/4 cup chopped carrot (2 small carrots)
- 1 English cucumber (2 cups chopped halves)
- 1 avocado, chopped
- 1 & 1/4 cup chopped grape tomatoes (or other variety)
- 1/2 cup mixed raisins and Goji berries
- 1/4 cup hemp seed
- 1/3 cup chopped walnuts
- **Dressing:** 1 batch of [Lightened Up tahini-Lemon Dressing](#) (<—click for recipe)
- Your desired [fresh](#) or dried herbs

Directions:

1. Chop vegetables and mix in a large mixing bowl. Reserve hemp seed and walnuts for sprinkling on top.
2. Make your [Lightened Up tahini-Lemon Dressing](#) in a food processor and process until smooth.
3. Tear the leaves off of the kale and rip into bite-sized pieces. Wash and dry kale leaves.
4. Mix the vegetables, kale leaves, and full batch of dressing (3/4-1 cup) in large bowl until thoroughly combined.
5. Place in fridge to ‘marinate’ for 10-15 minutes. Serves 4. Keeps in fridge in a sealed container for 1 day.

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