

Kale Slaw with sesame, yellow mandarin tahini dressing

Servings: 6 – 8

Ingredients:

1 Head Kale – finely sliced

3 Cups Savoy Cabbage – finely sliced

3 Cups Red Cabbage – finely sliced

1 Cup Carrot – shredded

1/2 Cup Scallions – thinly sliced

1 Red Bell Pepper – about 3/4 cup – julienned

1 Yellow Bell Pepper – about 3/4 cup – julienned

1 Cup Radishes – matchsticks – about 5 large

1 – 2 Cups Toasted Almonds – I usually toast a few cups to have around.

1/2 Cup Cilantro – roughly chopped (optional)

Additional optional toppings

Black Sesame Seeds

Toasted Sesame Seeds

Asiago Cheese – finely shredded – or sprinkled on top of individual

Dressing

1/4 Cup Tahini

1/2 Cup + 2 Tablespoons Toasted Sesame Oil

1/4 Cup + 1 Tablespoon Brown Rice Vinegar

1/4 Cup Soy Sauce or to taste (be careful not to add too much)

2 Clove Garlic – minced

1-2 drops of ginger essential oil

3-5 drops of yellow mandarin essential oil

Dash Black Pepper

Instructions:

Make the dressing by whisking all ingredients together in a medium sized bowl and set aside.

Toast almonds – spread out on a cookie sheet bake for 20 minutes on the middle shelf on 180 degrees C. Roughly chop or leave whole.

Wash the kale and remove main rib by holding the end of the stem and pull down with your other hand and discarding the main rib. Chop kale into thin strips.

Chop savory and red cabbage into thin slices then add to kale.

Slice the radishes into thin rounds, then stack on top of each other and cut into match sticks.

Slice the top and bottom off the bell peppers, cut in half and clean out the insides, then cut into long thin strips and then cut the strips in half.

Shred carrot, slice scallions, roughly chop cilantro, measure then add to cabbage.

You can either mix in the dressing if you are going to eat right away or add to individual salads for your own desired amount.

Sprinkle almonds on top individual salads just before eating to keep them from getting soft.