

Kale Slaw

Swick

Serves 4 to 6 | Active Time: 30 minutes | Total Time: 30 minutes

Step 1: Preparing Your Salad Greens

- 4 heaping cups shredded kale
- 2 cups shredded spinach
- 1 cup shredded cabbage (red or green)
- 1/4 cup roughly chopped cilantro
- 1/4 cup roughly chopped fresh mint

For the kale, wash, de-stem, and dry. To prepare the kale, it can either be torn into bite-sized pieces, or it can be shredded. Shredding the kale (like a chiffonade) makes for a more delicate salad. The same goes for the spinach and cabbage.

Once done, add all of the ingredients to a large bowl.

Step 2: Making the Dressing

- 1 sm clove garlic, minced
- 1 tsp minced ginger
- 2 tbsp tamari
- 4 tbsp tahini
- 1/4 tsp dark sesame oil
- 6 tbsp water
- 2 tbsp nutritional yeast
- 1 tbsp rice wine vinegar
- pinch cayenne pepper
- 1 tsp sriracha hot sauce, or to taste, optional

To make the dressing, place everything into a blender and blend until smooth.

The recipe for the dressing makes approximately 3/4's of a cup.

Lastly, taste for seasoning. For a bit more spice, add a bit of sriracha sauce.

Step 3: Finishing the Salad

- 1/4 cup raisins or sour cherries
- 1/4 cup pumpkin seeds
- 1/4 cup slivered almond
- sea salt, to taste
- freshly ground black pepper, to taste

To serve the salad, place all of the ingredients into a large bowl and lightly coat with the dressing — adding more dressing as needed. Remember that a good salad should not be swimming in dressing. Save any leftover dressing for another time.

Taste for seasoning and serve immediately.

These other dressings also pair well with this salad. If desired, a few tablespoons of vegan mayonnaise can be added for a creamier texture. Use either an Asian-style vinaigrette or a soy-sesame vinaigrette as the base. If using a soy-sesame vinaigrette, add an additional tablespoon or so of toasted sesame oil.