

Earth Salad

Ingredients

2 blocks baked tofu
3 bunches Kale
Tamari Almonds (sub – raw almonds)
Carrots (1/2 lb)
Small head purple cabbage
Ume vinegar or lemon
Garlic – 5 large cloves
Olive Oil – 1 cup
Lemon (2)
Brown Rice (?)

Remove Kale from stem into bite size pieces
Sprinkle with Olive Oil and salt and rub until bright green color

Shred ½ lb carrots and cabbage – add to kale and toss
Add almonds (enough to loosely cover the top – about 1 cup)
Cube tofu and add
Few shakes of Ume vinegar or lemon

Tofu

Bake at 350° for ½ hour. You can press extra water out and weight the tofu. Season with wheat free Tamari & Ume vinegar.

Substitute – packaged baked tofu (be careful to look at the ingredients – some have wheat)

Garlic Lemon Dressing

In food Processor
Garlic (5 lg cloves)
Olive Oil (1 cup)
Juice of 2 lemons
Salt to taste

Salt Sensitive – After you rub kale, you can rinse to remove any salt residue