

Recipe – Rubbed Kale Salad with Tahini Dressing

Ingredients:

- 3 bunches of kale
- 1 tsp of Himalaya salt.

Dressing Ingredients:

- 1/3 cup tahini (sesame paste), well stirred
- 1/3 cup water
- 5 TBS fresh lemon juice or part lime juice
- 2 cloves garlic, minced or pressed
- ½ tsp sea salt
- splash tamari (wheat free soy sauce)

Directions:

Roll the leaves of kale like a cigar and use a very sharp knife to slice very thin ribbons. The thinner the tastier.

Place ribbons of kale in a large bowl and sprinkle with the salt.

Now rub the kale, or massage it, so that the salt draws the water out. In 3 – 5 minutes of rubbing the kale will become a brilliant deep green and reduce in bulk by about half.

Process the dressing ingredients.

Toss the kale with the tahini dressing.

Serves about 10 if you like kale. We served this with baked chicken or garbanzo bean curry and apple fig salsa.