

Kale Grain Salad and KaleSlaw

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Kale is a hearty-looking frilly, leafy green that is best eaten cooked or using the raw foods method below of massaging. Kale is a cruciferous vegetable which means it contains cancer-fighting phytochemicals so “branch” out and try kale.

Kale Grain Salad

Serves 4

1 head of Kale

1 avocado

1 cup of prepared quinoa/bulgur/whole wheat couscous

½ teaspoon sea salt

1 teaspoon extra virgin olive oil

2½ teaspoons lemon juice

2T Brianna’s New American creamy balsamic dressing or fav dressing

Prepare quinoa by rinsing it to remove any unwanted particles. Boil 1 cup of water, add 1/2c quinoa, simmer covered for 10 or 15 minutes until all liquid is gone, fluff with a fork.

To prepare kale, remove rib from each leaf, wash and dry and then cut into small pieces toss with 1/2 tsp sea salt and massage for several minutes, toss with tsp cold pressed oil (I uses regular olive oil) and massage, sprinkle with lemon juice and massage.

Toss in quinoa, diced avocado and toss with your favorite dressing. Try Brianna's New American creamy balsamic. *Nutrition per serving: 192 calories, 18 g carbs, 13 g fat, 2 g saturated fat, 5 g protein, 400 mg sodium, 6 g fiber.* If you want to lower the fat content, water down the dressing.

KaleSlaw

Serves 6

1 bunch chopped kale

½ c chopped scallions

1 c thinly sliced purple cabbage

2 grated carrots

Any other greens or veggies you want to use~

Mix veggies and set aside.

Dressing:

1 c mayonnaise
1/2 c minced ginger
1 T Toasted Sesame Oil
3 T Tamari soy sauce
1/2 cup toasted sesame seeds
1 small dollop of honey

this dressing will make more than recipe needs

Blend together in a food processor or using a wire whisk. Pour and toss over the mixed greens. *Nutrition per serving when use 1/2 dressing: 123 calories, 12 g carbs, 8 g fat, 1 g saturated fat, 3 g protein, 300 mg sodium, 3 g fiber.*

Many other variations exist with the kaleslaw. Please e-mail Stacy at beesons@slrmc.org for other kale recipes!