

Asian Kale Salad

INGREDIENTS

- 3 cups chopped, raw kale (about 8 oz.)
- ¼ cup shredded carrots
- ½ cup shredded purple cabbage
- ¼ cup olive oil
- Salt and pepper to taste

DRESSING

- ¼ cup rice vinegar
- 1 tablespoon sesame or olive oil
- ¼ cup apple or orange juice



DIRECTIONS

1. In a large bowl, combine the kale, carrots, cabbage and olive oil.
2. To make the dressing combine oil, vinegar and apple or orange juice.
3. Pour dressing over salad and toss well.
4. Season with salt and pepper.