

Kale Salad, with Tahini Lemon Dressing

Serves 4-6 people

Ingredients

Salad

- 6 cups Kale, washed & chopped into edible chunks (can use baby kale)
- 1 cup shredded purple cabbage
- 1 cup cooked black eyed peas
- 12 fresh medium sized strawberries, stemmed & quartered
- 1/2 cup walnuts, toasted & rough chopped
- 1/2 cup feta cheese

Dressing

- 1/2 cup tahini
- Juice & zest of 2 lemons
- 1tbsp honey
- 1/2 tsp cumin
- 4 tbsp water
- 1 tbsp chopped flat leaf parsley
- 1 garlic clove, finely chopped
- Salt & pepper to taste

Preparation

- Whisk all dressing ingredients minus the water & seasonings
- Combine until creamy & uniform then slowly drizzle in water to adjust consistency as needed. Season with salt & pepper & set aside
- In a mixing bowl combine kale, cabbage & black-eyed peas
- Drizzle in enough dressing to coat ingredients & gently toss
- Place equal amounts of salad on each serving bowl & garnish with strawberries, feta cheese & walnuts