

Kale Salad with Creamy Tahini Salad Dressing

This recipe will show you how to easily make an oil-free, creamy dressing. We'll also go over just how to really infuse those tough kale leaves so they are nice and tenderized! Everyone will love this!

- 1/3 cup tahini
- 1 tablespoon maple syrup (or date paste)
- 2-3 garlic cloves
- 1 tablespoon balsamic vinegar
- Heavy pinch of sea salt (or alternative)
- Juice of 1/2 lemon
- water to drizzle in to achieve desired thickness

Directions

To a blender add the first 6 ingredients and drizzle water in while the blender is running. The dressing will thicken as it sits. Use immediately or chill in fridge for 3-4 days in a sealed container.

Strip 1 bunch of kale from spine and chop into ribbons, like the video shows. Transfer to a large bowl and drizzle in 1-2 tablespoons and roughly massage dressing into leaves. Be very rough with it, thereby breaking down the cell walls and infusing the dressing into the leaves. It will become very tender and very delicious!



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