

Kale Salad

- 1/3 Cups of or balsamic vinegar
- 1/3 Cups of lemon or lime juice
- 1/3 Cups of olive oil or flax seed oil
- 1.0 Tbsp Bragg Amino Acids
- 1/3 Medium red onion (sliced, halved and separated)
- 1/4 Cups of sunflower seeds
- 1/4 Cups of pumpkin seeds
- 1/4 Cups of sesame or flax seeds
- 1.0 Pound of fresh kale (chopped)
- 2.0 Ounces of broccoli seed sprouts, well separated (or substitute such as bean sprouts)
- 2.0 Ounces of alfalfa sprouts, well separated or substitute)
- 1.0 Avocado, cubed (optional)
- 1.0 Cup of Shiitake, Crimini or Portabella mushrooms (optional)
- 1.0 Cup of bean sprouts (optional)

Blend amino acids, vinegar, lemon/lime juice and oil to make the dressing. Chop kale, place in a suitable size bowl and add other ingredients. Pour dressing over the salad and toss. I find it easiest to toss this by placing it in a large plastic bag, closing off the end tightly and tossing it in the bag. You can add the dressing as you eat the salad. If you elect to do this (my choice), put the dressing in a suitable bottle and store in the cabinet. If you refrigerate it, the oil will solidify.