



ORANGE KALE SALAD WITH CITRUS VINAIGRETTE

INGREDIENTS

SALAD

6 cups packed kale, about 1 large bunch

lemon juice from half a large lemon

15 oz can chickpeas, drained, rinsed

1 orange peeled & segmented

¼ cup hemp hearts, raw pumpkin or sunflower seeds

CITRUS VINAIGRETTE

⅓ cup juice from 1 orange

2 tbsp apple cider vinegar

1 tsp mustard

1 tsp ground ginger

¼ tsp sea salt

DIRECTIONS

1. Tear your kale into large bite sized pieces and remove the thick stems and discard them. Rinse thoroughly and then add to a large mixing bowl. Pour the lemon juice on top and massage the kale with your hands for 2-3 minutes. This will gently wilt and soften the kale.
2. Add the chickpeas and hemp hearts to the same bowl and set aside.
3. Combine the dressing ingredients in a small bowl and whisk thoroughly to combine. Then pour the dressing on your salad and mix well to evenly distribute.
4. Garnish with the orange segments and enjoy.

