

Food Babe's The Holy Kale



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	0 mins	15 mins	2

<https://foodbabe.com/the-holy-kale-salad>

Ingredients:

- 2 ½ cups kale
- 1 cup baby arugula
- 1 tangerine, peeled and sectioned
- 1 fresh tomato, sliced
- 1 cup cauliflower, chopped
- ⅓ cup scallion, chopped
- ½ avocado, peeled and diced

Dressing:

- 2 tablespoons dijon mustard
- 1 ½ tablespoons extra virgin olive oil
- ½ whole lemon, juiced
- 1 pinch sea salt, to taste
- 1 pinch ground black pepper, to taste
- 1 tablespoon fresh basil, chopped

Instructions:

1. For the salad, combine the kale, arugula, tangerine, tomato, cauliflower, scallions and avocado in a large bowl.
2. For the dressing, mix all of the ingredients together.
3. Toss the salad with the dressing, and garnish with rosemary or basil.

Notes:

- Please choose all organic ingredients if possible