



## MASSAGED KALE SALAD

### Ingredients

#### Salad

- 2 bunches kale
- 1 tablespoon olive oil
- 4 cloves garlic, minced
- ½ red onion, sliced very thin
- ½ cup walnuts, roughly chopped
- Optional: Cheese (i.e.: goat, feta, or Parmesan)

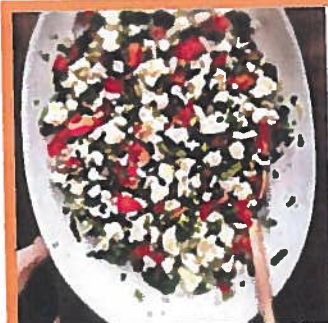
#### Dressing

- ½ cup olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons honey
- Salt and pepper, to taste

### Directions

1. Strip and discard stems from kale. Cut the leaves into thin ribbons. Put prepared kale in a large bowl. Drizzle with olive oil.
2. Massage kale with your fingers to soften it. The longer you massage it, the softer and more digestible it becomes.
3. When kale is at desired texture, add garlic, onions, nuts, and cheese, if desired.
4. Prepare dressing by combining olive oil, balsamic vinegar, honey, salt and pepper in a glass jar.
5. Close jar and shake vigorously until dressing has emulsified (turned smooth).
6. Pour dressing on salad and toss.

***Marianne, these recipes are for you!! We made them to honor your passion for delicious food and building healthy, strong communities.***



## CAULIFLOWER CEVICHE

### Ingredients:

- 1 large cauliflower
- 3 medium tomatoes (red tomatoes) finely chopped
- 1 white onion (finely chopped)
- 1 bunch of cilantro washed finely chopped
- 1 large cucumber, finely chopped
- 2-3 fresh jalapeno peppers, minced (you may avoid using seeds or veins)
- 1 bottle of clamato/tomato juice flavored shrimp preference
- 4 lemons (only juice without the seeds)
- Salt and pepper to taste
- 1 package of tortillas/tostadas
- 3 medium avocados (mashed) These will be used on top of the tortilla/tostada

### Preparation:

1. Put a large pot of water to boil with a little salt. As soon as the water is boiling, submerge the cauliflower dip cut into 4 parts. Let this cook for about 5 minutes. Remove the cauliflower from water, let cool and chop finely. Mix all ingredients in a saucepan; add the juice of limes, the clamato and a little salt and pepper to taste.
2. Place the ceviche in the refrigerator until cool and ready to serve.
3. When ready to eat enough apply mashed avocado on toast and then place the cauliflower ceviche on toast. And is ready to be enjoyed!

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## Southwest Slaw

**Makes 8 servings.**

*½ cup per serving.*

### Ingredients

- 1 (16-ounce) bag coleslaw mix (or 5 cups thinly sliced green cabbage + 1 cup grated carrots)
- 3 tablespoons lime juice or rice vinegar
- 1 tablespoon canola, olive, or vegetable oil
- 1 teaspoon chili powder
- 1 tablespoon sugar
- ¾ teaspoon salt
- ¼ cup toasted pepitas or sunflower seeds
- 2 tablespoons chopped cilantro or parsley (optional)

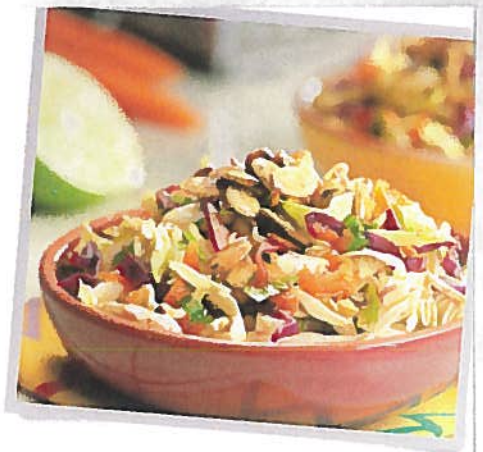


**Prep time:**

10 minutes

### Preparation

1. Pour coleslaw mix into a large bowl. Set aside.
2. Whisk together lime juice, oil, chili powder, sugar, and salt. Pour over coleslaw mix. Stir to combine.
3. Top with toasted pepitas or sunflower seeds and optional toppings. Serve immediately.



#### Nutrition information per serving:

Calories 25, Carbohydrate 6 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 242 mg



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## Ensalada de Col con Pepitas

**Rinde 8 porciones.**

*½ taza por porción.*

### Ingredientes

- 1 bolsa (16 onzas) de mezcla para ensalada de col (ó 5 tazas de repollo verde finamente rallado + 1 taza de zanahoria rallada)
- 3 cucharadas de jugo de limón verde o vinagre de arroz
- 1 cucharada de aceite de canola, de oliva o vegetal
- 1 cucharadita de chile molido
- 1 cucharada de azúcar
- ¾ cucharadita de sal
- ¼ taza de pepitas tostadas
- 2 cucharadas de cilantro o perejil picado (opcional)

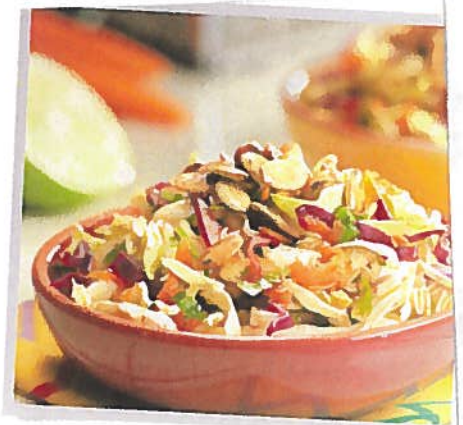


**Tiempo de preparación:**

10 minutos

### Preparación

1. Sirva la mezcla para ensalada de col en un recipiente grande. Ponga a un lado.
2. Bata el jugo del limón, el aceite, el chile molido, el azúcar y la sal. Vacíe el aderezo sobre la ensalada y mezcle bien.
3. Espolvoree con pepitas tostadas e ingredientes opcionales. Sirva inmediatamente.



#### Información nutricional por porción:

Calorías 25, Carbohidratos 6 g, Fibra Dietética 2 g, Proteínas 1 g, Grasas 0 g, Grasa Saturada 0 g, Grasa Trans 0 g, Colesterol 0 mg, Sodio 242 mg



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# Cauliflower Ceviche Recipe

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- 1 package of tortillas/tostadas
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## Preparation:

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