

Creamy Balsamic Kale Salad

4 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

1/4 cup Water (warm)
1/4 cup Balsamic Vinegar
1/4 cup Tahini
1 tbsp Maple Syrup
1 tbsp Dijon Mustard
1 Garlic (clove, small, minced)
1/4 tsp Sea Salt
8 cups Kale Leaves (finely chopped)
1 cup Chickpeas (cooked, rinsed)
1/2 cup Pitted Kalamata Olives (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	223	Carbs	24g
Fat	12g	Protein	8g

DIRECTIONS

- 01 Add the water, balsamic vinegar, tahini, maple syrup, Dijon mustard, garlic and salt to a jar and shake well. Refrigerate the dressing for at least 1 hour before serving. The dressing will thicken when chilled.
- 02 To make the salad, place the kale in a large bowl with half of the dressing. Massage the dressing into the kale leaves.
- 03 Divide the massaged kale between plates and top with the chickpeas, olives and the remaining dressing. Enjoy!