

Sesame Kale Salad



INGREDIENTS

- 1 or 2 bunches of kale
- 2 tablespoons soy sauce
- 2 tablespoons sesame oil
- 1 tablespoon sesame seeds
- 1 clove garlic (smashed)
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- Dash of black and red pepper for a little zip (optional of course)

INSTRUCTIONS

1. Remove the stems and roughly chop the kale. Rinse and let drain in colander.
 2. Heat 4ish tablespoons of water in a pot over medium high. Add kale and cook for 3-5 minutes or until it wilts and gets tender but not mushy. Let cool then squeeze out as much water as possible. Put into large bowl.
 3. Dressing: In a jar with a lid, mix the soy sauce, sesame seeds, sesame oil, garlic, honey, vinegar and peppers if you choice to add them.
 4. Shake well.
 5. Add to kale and serve.
- P.S. This dressing is good on other greens and salads. We use it alot!