



KALE SALAD WITH CREAMY LEMON TAHINI DRESSING

You'll love this creamy dressing with no added oil/fat.

- **Author:** Angela @ Vegangela.com
- **Prep Time:** 15 mins
- **Total Time:** 15 mins
- **Yield:** 4

INGREDIENTS

- 1 head kale (or a blend of greens)
- 1 cucumber, peeled and diced
- 2 avocados, diced
- 2 tomato, diced
- 1 can garbanzo beans (chickpeas), drained and rinsed
- Topping: hemp seeds (or other seeds such as sunflower, pumpkin)

Dressing

- 1/2 cup tahini
- 3/4 cup water
- 1 lemon, juiced (about 2 or 3 tbsp)
- 1 large garlic cloves, minced
- Salt and pepper, to taste

INSTRUCTIONS

1. Whisk all the dressing ingredients together. Add more water if needed.
2. Toss dressing into the rest of the salad ingredients. Due to the thickness of the kale leaves, it should keep for a few days in the fridge.