

# You Can Make Amazing Salads!

## Kale is the Star Salad

### Ingredients:

1 bunch dinosaur kale                      6 cups raw baby kale  
1 teaspoon olive oil                      Juice from 1 lemon  
1 cup shredded radishes                  1 cup diced apples  
1 tablespoon black sesame seeds  
2 tablespoons light poppy seed dressing



### Directions:

Remove the stems from the dinosaur kale and rinse well. Place the undried kale in a covered container and steam lightly in the microwave for 30 seconds to 1 minute. The color will intensify and the leaves will be crisp tender. Place the dinosaur kale leaves on the plate as pictured. Toss the baby kale with the olive oil and lemon juice. Put it on a plate and top with the radishes and apples. Drizzle a thin ribbon of poppy seed dressing over the greens and add the black sesame seeds. Serve immediately.



## Arugula Citrus Salad

### Ingredients:

2 cups arugula                                      1 tsp extra virgin olive oil  
1 clementine                                      Zest and juice of one lemon  
1/4 cup romaine lettuce, chopped, rinsed, & dried

### Directions:

Toss the arugula and romaine with the olive oil and pile into a tall stack on a dinner plate. Top the stack with the lemon zest and juice. Arrange the orange segments in and around the pile of greens, then serve immediately.

## Caribbean Bean Salad

### Ingredients:

4 cups romaine lettuce                      1/4 cup chopped red onion  
1 orange, peeled and diced              1 tomato, diced  
1 tablespoon olive oil                      3 Tbsp red wine vinegar  
1 teaspoon dried oregano                  Black pepper to taste  
1 cup canned black beans, drained and rinsed



### Directions:

Toss all ingredients together in a large salad bowl and serve immediately. You can also skip the lettuce and serve the salad as a dip for veggies and crackers, as shown above.