

Kale Salad with Miso Tahini Dressing

This is one of the first recipes Giacomo and I were ever obsessed with making! You will be hooked on this creamy, flavorful dressing to help you get in your greens!



PREP TIME

15 mins

TOTAL TIME

15 mins



COURSE

Gluten Free, Lunch, Sides, Vegetables



SERVINGS

1 serving

CALORIES

240 kcal

INGREDIENTS

- 1/2 lb Kale with stems removed and torn into pieces
- 1 Tbsp Tahini
- 1 Tbsp miso paste
- 1 clove garlic minced
- 1 Tbsp lemon juice
- 1 Tbsp water

INSTRUCTIONS

1. In a large salad bowl, mix the tahini, miso, lemon, garlic and water until well mixed.
2. Add the torn kale to the bowl and use tongs or your hands to coat very well.
3. You can massage it to wilt the kale a bit if you like.

NUTRITION

Nutrition Facts

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Amount Per Serving	
Calories 240	Calories from Fat 99
% Daily Value*	
Fat 11g	17%
Saturated Fat 1g	6%
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.1g	
Sodium 568mg	25%
Potassium 1013mg	29%
Carbohydrates 31g	10%
Fiber 6g	25%
Sugar 3g	3%
Protein 11g	22%
Vitamin A 34900IU	698%
Vitamin C 374.6mg	454%
Calcium 320mg	32%
Iron 4.1mg	23%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?
Let us know how it was!