

BLACK KALE WITH SESAME SOY VINAIGRETTE

INGREDIENTS

1 Tablespoon Dijon Mustard
1 ½ Tablespoons Soy Sauce
1 ½ Tablespoons Rice Wine Vinegar
1 Tablespoon toasted Sesame Oil
¼ Cup Orange Juice
¼ Cup Grapeseed Oil
¼ Cup Sesame Seeds, toasted
1 ½ pounds Black Kale, washed & de-stemmed (about one bunch)

DIRECTIONS

Layer leaves of Kale and then roll up. Slice into thin strips, about ¼ inch. Place in a bowl and sprinkle with a little salt.

In a small bowl secured with a towel, make vinaigrette: Combine Mustard, Soy, Vinegar, Sesame Oil and Juice in a bowl and then whisk in Grapeseed Oil a little at a time.

Finally stir in toasted Sesame Seeds.

Toss sliced Kale with Vinaigrette and vegetables such as Carrot & Cucumber and fruit such as Mandarins or Oranges.