



Cheesy & Garlicky Kale

4 servings
15 minutes

Ingredients

8 cups Kale Leaves (stems removed)
2 tbsps Tahini
1 tbsp Extra Virgin Olive Oil
3 tbsps Apple Cider Vinegar
1 tbsp Tamari
1/4 cup Nutritional Yeast
3 Garlic (cloves, minced)

Nutrition

Amount per serving	
Calories	174
Fat	7g
Saturated	1g
Carbs	17g
Fiber	6g
Sugar	1g
Protein	8g
Cholesterol	0mg
Sodium	381mg

Directions

- 1 Tear kale into bite-size pieces and place in a large bowl.
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- 2 Puree all the remaining ingredients in a food processor until smooth.
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- 3 Add the dressing to the kale and massage with your hands until well coated. Serve immediately or let marinate for 1 hour in the fridge for more flavour.

Notes

Serve it With: Our Healthy Fish n' Chips, Savoury Roasted Chickpeas, Ginger Steamed Cod Fillets, Sweet and Crunchy Chickpeas, Roasted Garlic Chicken Thighs, or in a buddha bowl with quinoa, roasted veggies and hardboiled eggs.

No Tahini: Use a nut butter or sunflower seed butter instead.

Leftovers: Refrigerate in an airtight container up to 3 days.