

# Kale Salad

4 Servings

BENBELLA  
vegan



## Ingredients

### For the salad

- 6 large stalks kale
- 1/2 onion, finely chopped
- 1 can garbanzo beans
- 1 large tomato, diced
- 1 large pepper, diced
- 1/2 cup toasted pine nuts, optional

### For the dressing

- 6 tablespoons seasoned rice vinegar
- 2 tablespoons water
- 1 teaspoon agave nectar
- 2 heaping tablespoons nutritional yeast
- 1/4 teaspoon salt

## Steps

1. Begin by ripping the kale from the stalk into small bite size pieces. Rub the kale several times between your hands until soft and slightly wilted.
2. Add the remaining salad ingredients.
3. In a separate bowl, mix together all the dressing ingredients. Pour over the salad and serve.

RECIPE ON PAGE 76 OF

