

# Kale Salad



*Sylvia Rogers*

**1 large bunch kale, stems removed, leaves sliced in thin strips (about 4 c, packed), chopped,(remove tough parts and stems)**

**1/4 head purple cabbage, shredded**

**3 each carrots, grated**

**fresh, raw brussel sprouts, thinly shredded (optional), to taste**

## **DRESSING**

**1/4 cup olive oil**

**1/4 cup rice wine vinegar**

**1 Tablespoon sesame oil**

**1 1/2 teaspoons sugar**

**2 tablespoons toasted sesame seeds**

**1/2 teaspoon salt**

**1/2 tablespoon pepper**

Prepare vegetables as indicated and place in salad bowl.

Mix together dressing, and shake it up and pour over vegetables.

To tenderize kale, you can rub dressing into kale leaves before serving (optional).