

Rainbow Kale Salad

Ingredients:

- 1 bunch dinosaur kale, thick stems removed and leaves thinly sliced
- 4 cups shredded red cabbage (1 small head, quartered and cored)
- 2 navel oranges or Clementines, peeled and segmented
- 1 small red onion, thinly sliced
- 1 large red bell pepper, cored, seeded and thinly sliced
- 1/3 cup sunflower seeds
- 1/4 cup Dijon mustard
- 1/4 cup freshly squeezed orange juice (from 1 small orange)
- 1/4 cup balsamic vinegar
- 1/2 tsp ground black pepper

Directions:

- In a large bowl, combine kale, cabbage, orange segments, onion, bell pepper and sunflower seeds.
- In a small bowl, whisk together mustard, orange juice, vinegar and pepper. Pour over the kale mixture and toss to coat. Serve immediately or refrigerate for up to 2 days.

From Whole Foods

