

# Kale and Beet Salad

Adapted from [www.joyoushealth.com](http://www.joyoushealth.com)

Prep time 10 min

Serves 4 (about 1 cup each)

## Ingredients:

1. 4 medium beets, grated (or 2 cups ) RAW
2. 1/3 cup pumpkin seeds
3. 2 bunches kale, washed and ripped away from stems and then loosely chopped
4. 6 med dates, chopped (remove the pit)
5. Optional ingredients: grated carrots, sunflower seeds, shallots or green onions, dried cranberries, walnuts or almonds, chia seeds or flax meal



## Dressing:

1. 2 Tbsp -1/2 cup fresh lemon juice (depending on taste) (use to massage the kale)
2. 1-2 Tbsp extra virgin olive oil (I use 1 Tbsp or less)
3. 1-2 Tbsp honey (to taste)
4. 1/2 teaspoon sea salt
5. Optional ingredients: garlic, 1 tbsp Dijon mustard

## Instructions:

1. Remove kale from stems and give it a few chops.
2. Put kale into a large bowl and add lemon juice. Massage kale, squeezing the lemon juice into the greens until kale amount looks to be reduced in half (2 min).
3. Add to massaged kale, raw beets, pumpkin seeds and dates (and any additional ingredients or substitutions you may desire).
4. Whisk remaining dressing ingredients together in a separate bowl. (Leave out lemon juice since you used it on the kale). Salt to taste. It can be eliminated or substituted with kelp salt.
5. Pour over top of salad and mix well. Let stand 10 minutes to marinate. Is also great the next day.
6. Serve on a white plate or bowl for optimal eye-appeal.
7. You may want to serve optional additions like onions, nuts or seeds on the side.

### Nutrition Info

Servings Per Recipe: 4  
Amount Per Serving  
Calories: 124.4  
Total Fat: 6.3 g  
Cholesterol: 0.0 mg  
Sodium: 541.3 mg  
Total Carbs: 16.0 g  
Dietary Fiber: 5.2 g  
Protein: 4.6 g