









Kale Salad with Tahini Dressing

A simple salad with massaged kale and a homemade tahini dressing.

 Course	Salad
 Cuisine	American
 Diet	Vegan, Vegetarian
 Prep Time	15 minutes
 Total Time	15 minutes
 Servings	4 servings
 Calories	160kcal
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5 from 1 vote

Equipment

- Microplane

Ingredients

For the Dressing:

- ¼ cup minced red onion
- 2 Tablespoons vinegar apple cider vinegar or white
- ¼ cup tahini
- 1 clove garlic
- 2-3 Tablespoons lemon juice
- pinch of sea salt & pepper to taste

For the Salad:

- 2 bunches of kale curly or dinosaur/tuscan
- 2 teaspoons olive oil
- a few pinches of sea salt
- ¼ cup pumpkin seeds pepitas

Instructions

For the Dressing:

1. Mince the red onion and place in a shallow bowl. Cover with the vinegar and let soak for about 5 minutes. This takes the spicy bite out of the red onion. Once soaked, you can set aside 1-2 Tablespoons for topping the salad, and the rest will go in the dressing.
2. Add the tahini, garlic, lemon juice, soaked red onion AND soaking liquid to a blender or food processor. Add a pinch of salt and a few grinds of freshly cracked pepper. Blend until smooth - the dressing will become slightly pink, which is always kind of fun! Taste and adjust as needed, it should be slightly sweet, but with a nice mild bitter undertone from the tahini.

For the Salad:

1. Wash the kale well and strip the leaves from the stems. Let it dry (salad spinner!) and roughly chop into bite-sized pieces. (Or shred with kitchen shears!)
2. To massage the kale, drizzle it with a little olive oil (2ish teaspoons) and some sea salt. Using your hands, just massage the kale for 30-90 seconds until it softens and is well coated with the olive oil.
3. Toss the salad with the dressing, then add the pumpkin seeds and remaining red onion. I prefer to add half the toppings at first, toss well, then top with the remaining toppings so it looks pretty!

Notes

You can make this without a blender/processor -> just mince the garlic and onions finely (microplane works great for garlic), and then mix together. Blending the onions will make the resulting dressing sweeter, so if you don't blend them, you can taste it and add ¼ teaspoon of honey or maple syrup if needed. :)

Nutrition

Calories: 160kcal | Carbohydrates: 8g | Protein: 6g | Fat: 13g | Saturated Fat: 2g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 5g | Trans Fat: 0.003g | Sodium: 113mg | Potassium: 353mg | Fiber: 4g | Sugar: 1g | Vitamin A: 6505IU | Vitamin C: 65mg | Calcium: 193mg | Iron: 2mg