

## **A Really "Good" Kale Salad (thanks Good Family)**

1 bunch Kale, chopped  
3/4 c grated carrots  
1/3 cup toasted sunflower seeds

### Dressing

1/4 c mayo  
1 T soy sauce  
  
1 1/2 T rice wine vinegar  
1 T sesame oil  
1 clove garlic, minced  
1 T minced ginger  
1/8 tsp cayenne  
1/4 tsp cumin  
salt to taste

Whisk together dressing in a large bowl. Add kale and gently massage into dressing. Fold in carrots and top with sunflower seeds. Enjoy!

Recipe from Alison Good