

Kale and Cabbage Detox Salad

Time: 1 hour 15 minutes

Servings: 4 salads

Level: Easy

Ingredients:

- o 2 golden beets
- o 1 bunch lacinato kale, washed and thinly sliced
- o ¼ of a lemon
- o 5-7 red cabbage leaves, washed and thinly sliced
- o (optional) pumpkin seeds

Tahini-Tarragon Dressing

- o 1 clove garlic, minced
- o 1 tablespoon lemon juice
- o 2 tablespoons tahini
- o 2 tablespoons olive oil
- o 2 tablespoons water
- o 1 tablespoon tarragon leaves, finely minced
- o 1 tablespoon parsley leaves, finely minced
- o ¼ teaspoon salt
- o pinch of ground black pepper

Directions:

- 1) Preheat oven to 400°.
- 2) Wrap **beets** in aluminum foil or parchment paper and bake for about 45 minutes to 1 hour depending on size. A paring knife should cut through beets easily. Let cool when done. Peel and dice the **beets**.
- 3) While the beets are roasting, make the **dressing**, by placing **garlic** and **lemon** in a bowl. Let the mixture sit for 2 minutes to take the raw bite off the **garlic**.
- 4) To the bowl add **tahini** and **olive oil** and mix well. Slowly add 1-2 tablespoons of **water** to get a nice consistency.
- 5) Add **tarragon, parsley, salt,** and **pepper** to the bowl. Adjust seasoning according to taste.
- 6) After washing the **kale**, squeeze a quarter of a **lemon** on to the leaves and then with your hands massage the **kale** for 2-3 minutes or until the leaves turn darker. (Depending on how much water is released from the **kale**, you might want to drain or spin the leaves.)
- 7) Place the **kale** and **cabbage** in a large bowl and toss with the **dressing**.
- 8) Add **beets** and gently toss.
- 9) Sprinkle the salad with some **pumpkin seeds**.

Fun tips and Information

The Tahini-Tarragon dressing makes a great drip for a crudité.