



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Chopped Kale Crunch Salad

This salad shouldn't even be called a salad. It's so indulgent you will want this salad as a meal! It's a nutritional powerhouse full of greens and sprouts, raw veggies, nuts & seeds, and more. It has a creamy tahini dressing that you'll want to drink from a glass!

Purchase all ingredients organic and free of any artificial ingredients.

8 cups shredded kale (about 1 large bunch, Tuscan or curly kale, stems removed)	½- 1 c shredded carrots
Juice of 1 lemon	1-2 c. broccoli finely chopped
1 tbsp. EVOO	½-1 c. cooked quinoa with S. Boulardii
4 c. of baby spinach	1/2 red onion, thinly sliced
4 c. arugula	1 basket grape tomatoes
Broccoli microgreens- 1 box	2/3 c dried cranberries pr goji berries
Broccoli sprouts- 1 box	1-2 large pears thinly sliced
½ -1 c. shredded red cabbage	1-2 large ripe avocados
Crunchy Salad Topper (see separate recipe)	
Creamy Tahini Dressing (see separate recipe)	

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Combine quinoa and water in saucepan. Pull capsules apart, sprinkle 2 capsules of probiotic over quinoa and stir to mix. Cover and allow to sit overnight. (S. Boulardii is best, included in program contents.)

In saucepan, bring to boil, cover, and reduce heat to a simmer until all water is absorbed and quinoa is fluffy, approx. 15 min. Cool.

Next, add the kale and cabbage to a large bowl. Add in the juice of 1 lemon and 1 tbsp. of olive oil and massage kale mixture with hands until all is coated. Allow massage kale to marinate while you prepare remaining ingredients.

Mix kale, spinach, arugula, microgreens, sprouts, cabbage, carrots and broccoli. Layer on garbanzo beans, quinoa, and remaining ingredients except avocado and Crunchy Salad Topper. Toss with Creamy Tahini Dressing and top with avocado and Crunchy Salad Topper.

Note: Only dress the portion of this salad you are eating now as it will keep in the refrigerator for several days. I make a large bowl of this salad on Sunday, and we eat for lunch or dinner as needed until Weds, when I make a fresh different healing salad to finish the week.

Serves 16 as an appetizer size salad (~1 c.) or 8 as a main entrée lunch or dinner size, 2 cups each.

Adapted from a Chopra recipe

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