

# Seasonal Spring Recipe

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## Fresh Kale Salad

This salad can be dressed well before it's served and it stays delicious over several days if kept in the refrigerator! Great for light, fast meals!

### Ingredients:

- ⇒ 1 large bunch of kale, sliced into ribbons
- ⇒ 6 small garlic cloves, minced
- ⇒ 2 oranges or 6 mandarin oranges, peeled and sectioned into bite sized pieces
- ⇒ 1 cup chopped walnuts
- ⇒ 1/2 cup dried cranberries
- ⇒ 1/4 cup sesame seeds
- ⇒ 1/4 cup pine nuts

### Dressing:

- ⇒ Juice from 1/2 lime
- ⇒ 2 Tb Rice Vinegar
- ⇒ 2 Tablespoons tamari
- ⇒ 3 Tb Toasted Sesame Seed Oil

### Directions:

Mix the salad ingredients in a large bowl. In a small bowl, whisk together the dressing ingredients until combined. Drizzle the dressing over the salad and toss well. For the best flavor, let stand for about 30 minutes before serving.

*Recipe adapted from Farm-Fresh and Fast Cookbook*



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