



SUE CRITES

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Kale Salad with Peanut Dressing (SPRING/SUMMER/LIVER)

2 large bunches curly GREEN kale, center ribs discarded, sliced very thinly crosswise (about 10 cups)

1 yellow, orange, or red bell pepper, thinly sliced

2 carrots, shredded

½ cup olive oil

¼ - ½ cup cider vinegar (depending on how tart you like it)

½ cup peanuts, divided

1 - 2 tablespoons light brown sugar, packed

½ teaspoon sea salt

Toss kale, pepper, and carrots in a large bowl. Puree oil, vinegar, ¼ cup peanuts, brown sugar, and salt in a blender until smooth. Pour dressing over vegetables about 30 min before serving. It's best if you massage the dressing into the kale (this breaks down some of the toughness and infuses the salad with some Qi). Sprinkle with remaining ¼ cup peanuts, coarsely chopped.

This salad is good even a couple of days later, so don't throw out your leftovers! But we rarely have leftovers due to the addiction factor ([more on my blog!](#)).

Enjoy!

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