

Kale Mix Salad

My own creation.



If you buy Trader Joe's bagged mixture you won't need to add carrots or red cabbage.

- 5 cups kale, fresh, cleaned, dried, chopped
- 1/3 cup carrot, grated
- 1/4 cup red cabbage, chopped
- 1/2 cup cherry tomatoes, halved
- 2 tablespoons Feta cheese, crumbled (optional)
- 1/3 cup Creamy Garlic Salad Dressing (an estimate on quantity)

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Servings: 4

1. If kale is whole, clean it well, dry and chop. Do this ahead of time so the kale will be dry.
2. Grate carrot and red cabbage and place in a salad bowl with the kale. Add cherry tomatoes and Feta cheese.
3. Drizzle dressing over and toss well to coat. Taste for seasoning and add more dressing if necessary. Serve.

Per Serving (excluding unknown items): 190 Calories; 15g Fat (67.1% calories from fat); 5g Protein; 12g Carbohydrate; 2g Dietary Fiber; 7mg Cholesterol; 396mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.

Creamy Garlic Salad Dressing

Unknown



- 2 cloves garlic, minced (use fresh garlic, not bottled)
- 2 teaspoons salt
- 1/4 cup lime juice (please use fresh)
- 1/2 teaspoon sugar
- 1/2 teaspoon pepper
- 1/2 teaspoon celery seed
- 1 1/2 teaspoons dry mustard
- 2 ounces blue cheese, roughly chopped
- 1/2 cup vegetable oil
- 1/2 cup olive oil
- 1/4 cup Parmigiano-Reggiano cheese, grated

Miscellaneous, Salads

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Servings: 12

Preparation Time: 10 minutes

This is a wonderfully garlicky dressing and one I've used for years and years. It satisfies my love for blue cheese and garlic at the same time. It will keep in the refrigerator for about a month.

1. In the blender combine the garlic and salt and whiz a little. Let sit for a few minutes while you gather the other ingredients. Add all of the remaining ingredients and blend until smooth.
2. Store in refrigerator.

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 188 Calories; 20g Fat (93.9% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 453mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.