



Kale, Cucumber, and Tomato Salad with a Miso Vinaigrette

INGREDIENTS:

Kale – roll up cigar style, slice thin, then cross chopped – then washed and dried
Tomatoes – chopped
Cucumbers – peeled, quartered, and sliced
Avocado – medium dice
1 TBS. Toasted Sesame seeds
2 TBS. Miso paste – any color will do
2 TBS. Sesame Oil
½ cup rice wine vinegar
6 TBS. Olive Oil
2-3 tsp. Honey
Sea Salt to taste

DIRECTIONS:

For the first 4 ingredients, use in the proportion that you like and need.
Combine the remaining ingredients in a small mixing bowl and pour over the greens.
Enjoy!