

Crunchy Kale Salad

<http://userealbutter.com/2012/06/13/crunchy-kale-salad-recipe/>
inspired by [Native Foods](#)

4 cups kale, washed, trimmed, and shredded
2 cups red cabbage, shredded
2 cups green cabbage, shredded
1 Granny Smith apple, julienned
1 avocado, peeled, pitted, and diced
1 cup almonds, roughly chopped
1 cup dried black currants

maple orange tahini dressing:

1 orange, juice of (about 1/2 cup)
1 tbsp maple syrup
3 tbsps tahini
pinch of salt
1/3 cup olive oil
lemon juice to taste

Make the dressing: Place the orange juice, maple syrup, tahini, and pinch of salt in a medium bowl and whisk together until blended. Slowly drizzle the olive oil into the bowl in a steady stream while constantly whisking. Add lemon juice to taste. Set aside.

In a large bowl, combine the kale, cabbages, apple, avocado, almonds, and dried black currants. Pour the dressing over the salad and toss to coat. Serves 4-6.