



LISA CHEPLAK
THE HEALTHY FAMILY

Superfood Salad with Lemon Tahini Dressing

Yield: 2 servings

Ingredients:

Salad

1 cup kale, torn into small pieces

1 cup spinach

1 cup Romaine lettuce, chopped

$\frac{1}{2}$ cup raw beets, shredded

$\frac{1}{2}$ celery, sliced

$\frac{1}{2}$ cup carrots, shredded

2 tbsp Hemp seeds

$\frac{1}{2}$ cup cannellini beans, kidney beans or garbanzo beans

1 cup cooked quinoa

Add favorite salad items to large bowl. Toss with lemon tahini dressing.

Lemon-Tahini Dressing

Yield: 1-1/2 cups

2 lemons, zested and juiced

1/2 cup water, or more as needed

2 tablespoons tahini

2 tablespoons nutritional yeast

1 tablespoon apple cider vinegar

6 pitted dates, can substitute with raw honey or maple syrup

1 teaspoon tamari

2 cloves garlic

dash of Cayenne

Black pepper

Directions

Mix all ingredients in a blender until smooth. Add more water as needed to get the consistency you prefer. Season with black pepper and cayenne. Add to jar and refrigerate up to one week.