

## **ribboned kale + nectarine salad**

This is my healthy coleslaw alternative. Serve it with anything from broiled meats to grain-based salads. Or eat it with a fried egg on top and a handful of toasted seeds.

5 ounces kale  
¼ small red cabbage  
⅓ small green cabbage  
Very large handful of chopped parsley or cilantro  
2 nectarines, quartered and sliced  
1 to 2 tablespoons toasted sesame seeds, to taste  
Tamari Dressing

Serves 4

1 Fill a large bowl with ice and water. Place a steamer over a pan of simmering water. Wash and dry the kale and remove the stalks, then finely slice into long, thin shreds. Cut both cabbages into long thin shreds, removing the large stalks.

2 Place all the cabbage and the kale in the steamer and steam for 1 to 2 minutes to soften slightly and remove bitterness, tossing gently halfway through to ensure even steaming. Remove from the heat and plunge into the iced water to preserve their vibrant color.

3 Drain and dry well and place in a large dish or on a platter. Add the parsley and nectarine slices and toss together gently. Sprinkle with the sesame seeds and drizzle with the dressing.

### **Tip**

If preparing this salad ahead, you can dress the kale and cabbage in advance and avoid having to steam them first; the dressing will help soften and break them down, making them less fibrous.

## **tamari dressing**

3 tablespoons tamari  
2 tablespoons apple cider vinegar  
Finely grated zest and juice of 1 lime  
1 tablespoon honey  
½ garlic clove, minced  
Pinch of finely grated fresh ginger  
1 tablespoon toasted sesame oil  
Makes about ½ cup

Put the ingredients into a small jar, put a lid on, and shake well to mix, then season to taste. Store dressings in a sealed jar in the refrigerator for up to a week.

