



*Organic Kale, Watercress
And Red Cabbage Salad*

Ingredients:

(If you prefer you can make your salad with Organic Greens and just add a little Kale)

- Kale (uncooked)
- Watercress
- 1 large beet raw
- 1 avocado
- 1 large tomato

Use enough kale, watercress and cabbage to make a salad for about 8 people or more if your group is larger in which case add more beets, tomatoes and avocado.

Rinse the kale and watercress. I removed the Kale from the main vein of the leaf as it is very tough when eaten raw. You might want to cut the stems of the watercress, if you prefer.

Cut the kale in 1/2" thin pieces. The watercress leaves are small enough that you do not need to cut them. Cut the cabbage as if you were using it for coleslaw.

Dice the tomato, avocado and slice the beet in very thin slices and cut them in half. Toss all the ingredients in a bowl; sprinkle some Parmesan cheese on top.

Salad dressing: Try Cindy's Kitchen Balsamic Vinaigrette found at several grocery stores (2 tablespoons have 5 g of sugar from honey and light filtered cane juice). You can make your own Vinaigrette to avoid the sugar. Or pick up Safeway Organic Creamy Cesar, which has no sugar.