



KALE AND BOK CHOI SALAD

adapted from aiykithcen.com

Salad:

Mix together in a bowl:

1/2 head of large bok choy , chopped into 1/2-inch-thick slices

1 bunch of curly kale, de-stemmed and chopped

1/4 cup mini onions, sliced thinly

1/2 cup of almonds, chopped or sliced

Dressing:

Whisk together until sweetener is well-

dissolved and the dressing is emulsified

1/3 cup olive oil

2 T sesame oil

2 T soy sauce

2 T rice vinegar

2 T brown sugar

Salt and pepper to taste

Pour dressing over greens and toss to coat.

For an easy main dish, top with shredded rotisserie chicken.

