

Dr. Robert Dell'Amore, CEO/ Founder
The POWER of FOOD Productions
The POWER of FOOD: Culinary Skills for Optimum Nutrition
[516 650-1360](tel:5166501360) rob.dellamore@gmail.com

Ginger Mango Kale Salad

Ingredients:

Organic kale, chiffonade (sliced thinly)
Organic red (or green) cabbage, slawed
Carrots, sliced, peeled slivers, chopped or cut 'matchstick' style
Cherry tomatoes, whole or sliced in half
Spanish olives, whole or sliced in half
Mango, sliced thinly
Blueberries
1 Apple cubed
Ginger, one tablespoon, minced (1in. by 1 in.)
1 clove garlic, minced
1/2 15 oz can of red, black, white or garbanzo bean
1/2 tbsp Olive oil
Balsamic vinegar
Black pepper, to taste

Directions:

Store mango in cupboard or any dark place to hasten ripening. Use lemon juice to prevent oxidation (browning) of apple if prepped ahead of time. Can use organic spinach or romaine to add to or substitute for kale.

Mix all ingredients in prep bowl.

Add ginger, oil and vinegar, and black pepper. Fold dressing into salad.

Enjoy!! 😊