

Crunchy Veggie-Noodle Salad

Asian Dressing

- 1 T each sesame oil, mirin, low-sodium soy sauce
- 2 T seasoned rice vinegar
- 2 t coconut palm nectar (or your favourite sweetener)
- 1 t garlic chili paste

Crunchy Noodle Salad

- 1 small bunch kale, spines removed, torn small bite-size and well massaged (Squeeze by the handful for a few minutes)
- 12 oz kelp noodles, rinsed in hot water, well drained then cut bite-size
- 1-2 carrots, finely grated or julienned (**Pampered Chef** julienne peeler works great)
- 1 red bell pepper, thinly sliced
- 1 jalapeño pepper, seeded and finely diced
- 1 celery stalk, finely sliced
- 1/2 small onion, minced

Garnish

- 2 T mint leaves, [chiffonade](#)
- 1/2 c [sprouted almonds](#) (or your favourite nuts), roughly chopped or left whole
- 1 T sesame seeds

In a medium-sized salad bowl, mix dressing ingredients. Add kale, and toss to coat. Allow kale to marinate while preparing the rest of the vegetables. Add the remainder of the salad ingredients, and toss. Garnish just before serving. Serves only 4, 'cause it's hard to stop eating. **Jittery Cook**

