

## *Chat N Chew*

### Kale Salad

- Kale
- Olives
- Carrots
- Black beans
- Sun dried tomatoes
- Pine nuts
- Quinoa

### Dressing

- Ketchup
- Fresh garlic
- Olive oil
- Italian seasoning
- Balsamic vinegar infused with pomegranate
- Water

*\*Rub olive oil or lemon juice on your kale to make it easier to chew*

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