

KALE COLE SLAW

**½ bunch kale chopped
1 carrot
¼ bell pepper
1 small onion**

**½ cup Veganaise
1 lemon juiced and zest
1 stalk celery**

Chop kale in food processor, as fine as you like. Then chop carrot, green pepper, celery and onions in the food processor. Put in bowl, add Veganaise, lemon juice, zest and toss.

GARLIC SALAD DRESSING FOR KALE

**5 cloves of minced garlic
Juice of 1 lemon
Dash of black pepper**

**¼ cup extra virgin olive oil
½ tsp salt**

Mix well and pour over kale salad.

POTATOES AND KALE

**1 lb medium potatoes
2 tablespoons olive or grape seed oil
1 large onion chopped**

**4 cups shredded kale
sea salt to taste
1 tablespoon mild curry (optional)**

Potatoes can be prepared in advance and refrigerated.

Boil them until tender. Peel while hot, then cool in cold water and drain. Cut into thick slices.

Wash kale and drain. Remove stems and shred.

In large pan heat oil, add onion. Saute over medium high heat, stirring until onion just begins to brown. Add kale, toss until it wilts. Reduce heat to medium and stir fry for 5 more minutes. Add potatoes and cook until they are heated through.

Season to taste and serve.