



**PHASE 1-
LIFESTYLE**

Creamy Kale Salad

Time: 5 Minutes

Serving Size:

2 Cups = 2 Cups Select Vegetables



Ingredients

2 Cups Kale

2 Cups Green Cabbage

1 Cup Jicama

Dressing:

2-3 Tbs Walden Farms Mayo

2 tsp Mustard

Directions

In a food processor, shred kale and green cabbage in small batches, placing in a bowl as you go.

Cube jicama into small pieces and add to the bowl.

For dressing, add WF Mayo and mustard to the bowl. Mix well until evenly distributed. Add pink salt & pepper if needed.

Refrigerate and serve cold.

For added crunch: Add Sweet & Spicy Trail Mix or BBQ Soy Nuts.