



## Lime Sesame Dressing with Leafy Greens

Serves 4 people

Prep time: 5 minutes

Mixing time: 5 minutes

Total time: 10 minutes

### *Dressing Ingredients*

1 Tablespoon fresh lime juice

1 teaspoon sesame oil

1 teaspoon shoyu

2 teaspoons honey

2 Tablespoons olive oil

### Greens

1 head kale, leaves torn off of stems and into small pieces

OR

1 large bunch of your favorite dark leafy greens (tatsoi, spinach, spring mix)

### *Instructions*

Whisk all dressing ingredients together in a bowl until combined. Pour over greens. If using kale, use your hands to massage the dressing into the leaves for 2 minutes. If using other greens, toss gently. Enjoy!



### Dark Leafy Green Superpowers

**Super vision!** – high in Vitamin A that keeps your eyes healthy

**Super immunity!** – high in Vitamin C that fights off colds

**Super strong bones!** – high in Calcium that helps build strong bones

### Tips and Tricks

- Get creative and add other fresh veggies like carrot, daikon, or green onion
- Try this dressing with any of your favorite dark leafy greens. It's especially good on spicy or bitter greens.
- Costco sells extra virgin olive oil in bulk at a lower cost.
- All ingredients in this recipe can be found at Tamura's and Costco.