

## **Dr. Ruby's Miso Mango Kale Salad**

### **Ingredients**

- 1 large bunch curly kale, washed and torn into small pieces
- 4 tablespoons miso tamari (or use regular tamari with 2 tablespoons white miso paste or 1 teaspoon powdered miso)
- 1-2 tablespoons stone-ground mustard
- 2 tablespoons extra virgin olive oil (optional)
- 3 cloves garlic, minced
- Juice from half of a large lemon
- 1 large, ripe or almost ripe mango, peeled and diced into small squares



### **Directions:**

1. Place the kale in a large bowl. Massage the kale for a minute or two to soften.
2. Whisk all ingredients except kale and mango until well mixed.
3. Drizzle the over the kale and toss salad to coat all leaves with the dressing.
4. Add in the diced mango and toss well.