

## Crunchy Kale and Mint Salad with Sesame Dijon Vinaigrette

### Ingredients

4 cups Tuscan kale, with rib removed and cut into bite sized pieces  
4 cups Napa cabbage, cut into bit size pieces  
4 scallions, thinly sliced - save one for the dressing  
1/4 cup fresh mint, torn into small pieces  
1/2 cup shredded parmesan cheese  
\*3/4 cup dry roasted peanuts, chopped  
2 tablespoons white wine vinegar  
Juice of one lemon  
2 teaspoons Dijon mustard  
2 teaspoons honey  
Diamond Crystal Salt and Freshly Ground Black Pepper to taste  
1 teaspoon Worcestershire Sauce  
2 tablespoons soy sauce or tamari  
Pinch of red pepper flakes  
\*1/3 cup Roasted peanut oil  
1/3 cup sesame oil

### Directions

In a small bowl or ball jar, add the white wine vinegar, lemon juice, dijon and honey. Add salt and pepper to taste. Whisk or shake until combined. Add scallions, Worcestershire sauce, soy sauce and red pepper flakes. Shake or whisk again. Add the oils and shake or whisk until emulsified.

Combine the kale and cabbage in a large salad bowl. Drizzle half of the dressing over the greens. Massage for a few minutes and let marinate to soften. Add the scallions, mint and Parmesan cheese. Toss well. Taste and add more dressing if desired. Top with peanuts right before serving.

- \* If you have a peanut allergy or do not have roasted peanut oil, substitute dry roasted pistachios or pepitas. For the oil, substitute a neutral oil or use all sesame.
- \* Roasted Peanut Oil - <https://amzn.to/4aaqlO3>