

The Locavore in the City's

## RAW KALE SALAD WITH BLACK BEANS



### INGREDIENTS:

One cup black beans  
Six cups of kale  
One cup of basil and/or parsley, chopped.

1/4 cup of onion (any will do, but the sweeter the better), finely minced.

Handful of Sweetie cherry tomatoes, halved.

Handful of sugar snap pea, stemmed.

For Dressing:

1/2 cup oil (mix of mustard and canola if possible)

1/4 cup vinegar (maple vinegar if available)

Sal de Provençal

### DIRECTIONS:

#### SALAD

- 1 Soak 1 cup of black beans overnight, boil until al dente. Run under cold water to stop the cooking process to keep a bit of a bite to them. Combine with kale, onion, cherry tomatoes, sugar snap peas, and basil.

#### DRESSING

- 1 Whisk together oil and vinegar. Season with Sal de Provençal to taste



### RECIPE CREATED BY LOCAVORE IN THE CITY

Suzanne Cope is all about caring for the environment, supporting local businesses, and "striving to eat as locally and consciously as possible."

Find her at: <http://locavoreinthecity.com>