



Kale & Brussels Salmon Salad

With Creamy Lemon Zest Dressing & Homemade Crunchy Croutons

Crunchy Croutons

- 1-1/2 cups Artisan bread cubes
- 1-1/2 teaspoons olive oil
- 1/8 teaspoon finely ground sea salt

Creamy Dressing

- 1 cup raw unsalted cashews, soaked overnight
- 12 Tablespoons filtered water
- 1 Tablespoon apple cider vinegar
- 1 teaspoon fine ground salt
- 1 Tablespoon lemon zest

Salad Ingredients

- 2 cups thinly sliced curly lacinato or purple kale
- 1/2 teaspoon olive oil
- 1/4 teaspoon finely ground sea salt
- 1 cup thinly sliced Brussels sprouts
- 3 ounces thin smoked salmon

Prepare Croutons:

Preheat oven to 375 degrees F. On a small, lined baking sheet or pan, toss the bread cubes with olive oil and salt. Bake for about 10 minutes or until crisp and lightly browned. Set aside.

Prepare Dressing:

Rinse and drain the cashews. Place them in a blender; add water, vinegar, salt, and lemon zest. Blend on high for 1 minute or until completely creamy.

Refrigerate until needed. Leftover dressing may be stored in the refrigerator for up to 4 days.

Prepare the Salad:

In a large bowl, combine sliced kale, olive oil, and salt. Massage the kale until it turns a deep green color and begins to wilt, about 30 seconds. Add sliced Brussels sprouts. Add the croutons and 3 Tablespoons of the dressing. Toss to combine and serve immediately. Add more dressing if desired. Yield: 4 lunch servings

Recipe adapted from: *The Acid Watcher Cookbook*, Jonathan Aviv, MD

About the Recipe: Using cashews neutralizes the apple cider vinegar enough to make this dressing a good choice for a low acid diet. The salad is tossed with dark purple green kale and shredded Brussels sprouts' that enhance the flavor of the salmon. It's a good choice to serve for lunch with some crunchy crackers.