

# Fresh spiced kale and veggie salad

## Ingredients

1/3 cup olive oil (or coconut oil)  
3 garlic cloves, minced  
1/3 cup sweet onion, diced  
4 Tbsp GastroChef's Original Seasoning  
1 cup walnuts, finely ground  
1 cup celery, diced  
1 cup carrots, diced  
3/4 cup parsley, chopped  
10 kale leaves/stocks, chopped

## Directions

1. In a large bowl combine oil, garlic, onion seasoning and if you wish some salt and pepper
2. Finely grind the walnuts until they are a nice crumble, you can do this easily with a magic bullet or food processor
3. Finally add walnuts to bowl and mix well
4. In a separate bowl combine kale with a few pinches of salt (1/2 tsp)
5. Using your hands massage the salt into the kale
6. Add kale to the rest of ingredients
7. Serve cold or lightly heat salad on the stove top over medium-low heat or use a dehydrator tray at 115 degrees for 2 hours
8. Alternatively you can use this mix as a stuffing for at a chicken or turkey
9. Enjoy!