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*Our Heart "Beets" Plant Strong*

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## Go-To Kale Salad

### Dressing Ingredients:

- 1 Tbsp Dijon Mustard
- ½ cup almond milk yogurt
- 3 Tbsp nutritional yeast
- 1 tsp garlic
- 2 Tbsp lemon juice
- 1 Tbsp tamari low sodium
- 1-1.5 tbsp vinegar
- 1 tsp maple syrup
- Black pepper to taste
- Sriracha to taste

### Salad Ingredients:

- 1 can chick peas
- 1 bag frozen corn
- 2 Cucumbers, chopped
- 1-2 bunches of Kale, chopped fine
- ½ Red onion, chopped
- 1 Red pepper, chopped

*This is a great example of a balanced & nutrient dense kale salad. Providing high fiber, antioxidants, nitric oxide producing greens and plant based protein. This can easily be made on a smaller scale for a single servings or as is. If you keep the dressing to the side this can be prepped ahead of the perfect lunch salad for several days throughout your week.*