

## Lymph Loving Salad

2 large bunches of kale washed, dried and chopped into small pieces with the stems removed

2 green onions diced

1 beet that has been grated

1/2 - 1 cup sliced strawberries

1 orange - peeled and cut into small pieces

1/3 cup pomegranate arils

### Dressing

1/4 cup extra virgin olive oil

Juice from 1 orange

1 small nub of ginger

Juice from 1/2 of a lemon

1/4 tsp. salt

1 Tbsp. honey

Pour dressing over the kale and mix well. Add the remaining salad ingredients and toss to incorporate. Enjoy!

Recipe by Tonya Judd

