



# FORKS OVER KNIVES™

## Purple Potato and Kale Salad with Cilantro-Tahini Dressing | by Darshana Thacker

From *Forks Over Knives—The Cookbook*

Serves 4



5 to 6 small purple potatoes  
2 cups kale, chopped  
½ cup tomatoes, chopped  
1¾ teaspoons lime juice  
1 cup chopped cilantro, plus more for garnish  
1 clove garlic, peeled and chopped  
¼ cup plus 2 tablespoons tahini  
½ teaspoon salt, or to taste  
1 teaspoon cayenne pepper

### **Instructions:**

Place the potatoes in a medium saucepan and add enough water to cover. Bring to a boil, reduce the heat to medium, and cook for about 10 minutes, or until tender when pierced with a fork. Drain the potatoes and let them cool. Once cooled, peel if desired and cut into ½-inch cubes.

Place the kale and tomatoes in a skillet or saucepan and sauté for 2 to 3 minutes, or until the kale has softened slightly. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan. Add ¼ teaspoon lime juice and let cool.

In a blender, combine the cilantro, garlic, tahini, salt, cayenne pepper, remaining lime juice, and 2 tablespoons water. Blend until smooth.

To serve, prepare a bed of the cooked kale and tomatoes in a large salad bowl, top with the boiled potatoes, and spoon the dressing over the top. Garnish with chopped cilantro, if desired.

**NOTE:** If you'd like an especially pretty salad, peel the potatoes; with the skins left on, the potatoes will be a bit harder to cut neatly but will still taste great.

[www.ForksOverKnives.com](http://www.ForksOverKnives.com)