**Cold Kale and Roasted Cauliflower Salad**

**Produce**

garlic (if needed)

1 sweet onion

1 bunch curly green kale

fresh mint leaves

1 small head cauliflower

8-10 fresh strawberries or 1 fresh nectarine

sesame seeds *(if needed)*

**Canned/Dried Foods**

Good olive oil (if needed)

one 15 oz. can garbanzo beans

low sodium vegetable broth(if needed)

low sodium soy sauce(if needed)

balsamic vinegar (if needed)

Dijon mustard(if needed)

Honey(if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

smoky tempeh (if needed)

**Additional Items**

whole wheat pita bread