

Kale Salad

4 cups chopped kale (ribs removed)
1 avocado
1/2 -1 lemon, juiced
Sea salt



Desired mix-ins:

(Pitted and halved cherries and toasted pecans. Diced mango. Diced peaches. Halved cherry tomatoes. Pomegranate seeds. Raisins and slivered red onion. Dried cranberries and toasted walnuts. Try something else! Find a favorite.)

Place kale in salad bowl. Dice avocado and add to bowl. Add juice of half a lemon. Sprinkle with a little salt. With clean hands, massage avocado and lemon into kale. Add desired mix-ins. Toss to combine and serve.

Credit: Chef Elizabeth Hatling