

Kale salad is one of my favorites and very easy to prepare. Easy and Fast for a quick lunch, or large enough for a hearty dinner time meal. EnJOY!!

Kale Salads – Two versions of a classic - Basic and Veggie Bonanaza

Yield: varies

Ingredients:

Basic Kale Salad:

1 Bunch of Kale – Lacinato (Dinosaur) or Curly Kale; de-stemmed and chopped or chiffonade.

If you are using Curly Kale, de-stem and simply tear in bite size pieces

1 lemon, juiced

½ teaspoon salt

1 Avocado, cut in cubes

Directions:

KALE SALAD - BASIC

Place Kale in a medium sized bowl with lemon juice and salt. Gently massage for a minute or two to break down the fibers of the Kale. It will begin to look like it's been sauteed and the fibers will soften.

Add the avocado cubes and massage into the Kale (the lemon, salt and avocado are your dressing). I often leave a few avocado chunks so I don't massage completely. Stir to combine and serve. YUM!

KALE SALAD – Veggie Bonanaza

Assemble the Basic Kale Salad in a large bowl and make additions from your refrigerator, cupboard or garden. I use whatever I have on hand and sometimes the salad gets really large. That's ok, I love leftovers. If this happens simply add a bit more lemon, avocado and perhaps salt to balance your dressing flavors.

Chop any veggies into bite size pieces. Try to make them all the same size so when you take a fork full you have a 'perfect bite' of everything in your salad.

Here are some suggestions:

½ medium red onion, sliced thin or medium dice

Red Pepper – chopped

Cucumber (seeds removed) or Zucchini – medium dice (if they are organic, leave on all or some of the skin, it is SO nutritious)

For a sweet addition try Dried Cranberries or Raisins

For some crunch try pine nuts or other nuts

For additional protein perhaps some cooked garbanzo beans or other canned beans

For this salad anything goes and it can always be changing.