

MARINATED KALE SALAD

I've been teaching this salad in my cooking class and everyone adores it. It's one of my favorite recipes because it is so easy, delicious, and makes me feel awesome.



Kale is a great super food that is packed with loads of vitamins and nutrients. What's great about this salad is it gets better the more it sits and marinates. Have fun massaging your kale and enjoy this fresh and healthy salad.

Makes 2 servings

INGREDIENTS

- 1 bunch of kale leaves, shredded (take stem out)
- 1 avocado, diced
- ½ cucumber, diced
- Handful of cherry tomatoes, sliced
- ¼ cup of red onion, diced
- 2 tbsp of lemon juice, freshly squeezed
- 1 tbsp olive oil
- ½ tsp tamari
- Sprinkle of hemp seeds or toasted pumpkin seeds

METHOD

Place the shredded kale in a mixing bowl, add olive oil, lemon juice, and tamari. Toss gently by hand, massaging the kale to tenderize and incorporate the marinade. Add half of the avocado and continue massaging to make a creamy dressing. Continue to toss, adding remaining half of diced avocado, cucumber, and red onion. Season with pepper and serve immediately.