






Kale Salad

This recipe was given to me along with my first bunch of kale by Joanne McDonagh and I have been seeking it out ever since. Wonderfully simple, delicious and nutritious!

4 -5	kale leaves, large, with ribs removed
1	cup grape tomatoes, halved
1	avocado, diced
2	green onions or 2 Tbsp red onion sliced thinly
	lemon juice
	olive oil
	salt and freshly ground pepper to taste

-  Massage washed leaves with ribs removed to minimize bitterness then tear into bite size pieces.
-  Toss diced avocado with lemon juice and arrange over kale in a shallow bowl or plate. I have a pasta bowl I like for this salad.
-  Spread tomatoes and onion over the avocado.
-  Drizzle with a little more lemon juice then olive oil.
-  Sprinkle with coarse salt and pepper and serve.

Serves 2 - 3

Anne's Favourites