



Colorful Kale Salad Recipe*

Ingredients

- 1 bunch of kale
- 1 large ripe avocado
- 1 medium lime, juiced (more if you wish a bit more tartness)
- ¼ cup whole cherry tomatoes, yellow or red

Optional Ingredients

- ¼ cup of red/yellow or orange bell pepper chopped

Instructions

Rinse kale well. Remove the kale from the stem. This is really easy to do. Hold the stem at the top. (It looks like a tree.) With your other hand pull down and the kale will come off the stem. Toss stems—you do not use the stems.

Put in a large bowl and rip your kale into pieces. Add avocado, and the lime juice. Make sure your hands are clean and massage the kale and mix in the avocado.

Stir in cherry tomatoes. If you are adventurous stir in some colored bell peppers.



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*inspired by Rip Esselyton,
engine2diet.com,
and Veganmama.com versions of Kale Salad