

Raw Kale & Avocado Salad

Here's a version of a kale salad we have been making for years. An important trick when working with fresh kale is to “cook” it by massaging it with your hands in the oil (in this case olive oil combined with fresh avocado) and acid in the recipe, squeezing the kale as you do so. This process not only helps to make the kale softer, but also improves its taste—a fun method that most people have never heard of. It can take you back to your days of finger-painting in school. Kids will love this process too, and it's a great way to turn them on to eating this incredibly nutritious food. I used to think that kale was boring and didn't taste very good. It was this recipe and method that changed my mind forever, and it's been a great transformer for many others as well. Avocado-massaged kale = YUM! Serves 2–3.



Ingredients

4 cups chopped baby or de-stemmed kale
1/3 cup chopped chives
1 cup diced tomato
1 red bell pepper, thinly sliced
1 avocado, chopped in small pieces
juice from 1 lemon or 2–4 tbsp apple cider vinegar, or to taste
1 tbsp extra virgin olive oil
1 tbsp nutritional yeast
Himalayan salt and black pepper

Directions

1. Toss together the kale, chives, tomato and red bell pepper.
2. Then add and massage with the avocado, lemon juice or vinegar, olive oil, nutritional yeast, salt and black pepper.
3. Serve immediately, with the garnish of your choice.

Theresa's Tip

I know these directions sound weird. But as you massage in all these ingredients you are, in effect, creating the dressing for the salad. The tomatoes break down and blend with the avocado and other items resulting in an amazingly delicious creation.