



Recipes

Salads

Kale with Citrus Vinaigrette

Prep Time: 15 minutes

Yield: 6 servings

Ingredients:

2 bunches kale, washed and dried
2 teaspoons shallot, minced
1/2 teaspoon sea salt
2 tablespoons juice from 1 lemon
2 tablespoons juice from 1 orange
6-7 tablespoons extra virgin olive oil
2 teaspoons toasted pine nuts
1 avocado, chopped

Directions:

1. Strip the kale leaves from the stems and discard the stems. Finely shred the leaves.
2. Whisk all the ingredients in a small bowl until mixed thoroughly.
3. Add enough dressing to coat the kale lightly. Massage dressing into the kale leaves.
4. Top with pine nuts and avocado.