



KALE SALAD

INGREDIENTS:

2 bunches dinosaur or curly kale, stems removed

½ cup red, yellow or orange bell pepper, cut into thin strips about 1 inch long

1 avocado, diced

½ cup cucumber peeled, seeded and diced

¼ cup lemon or lime juice

1-2 scallions, chopped

1 tablespoon tamari

1 teaspoon garlic powder

INSTRUCTIONS:

1. Place diced avocado in small bowl with ½ of the lime or lemon juice and mix until well covered.
 2. Strip Kale from stems, stack leaves and roll length wise, then cut into thin strips.
 3. Cut across to make smaller strips.
 4. Place in bowl and massage slightly until it starts to break down.
 5. Add avocado, garlic powder and tamari and continue massaging lightly.
 6. Add remaining ingredients and mix well.
- Enjoy. Best if served chilled