

KALE AND AVOCADO SALAD

Yields 4 servings

1 head kale
1-2 tablespoons olive oil
¼ to ½ teaspoon sea salt, to taste
½ avocado
1 cup baby plum tomatoes, chopped
2 green onions, chopped
juice from ½ lemon

Shred kale into small strips and remove the woody stems. Add olive oil and massage into the kale. Add the sea salt and mix in well. Add avocado, chopped tomatoes, and onions and mix in. Add the lemon juice and give a good final mix.