



Kale and Avocado Salad

Ingredients:

- 1 bundle green kale
- 1 ripe avocado, cubed
- 1/2 cup golden raisins
- 1 tablespoon honey or agave nectar
- Juice from 1/2 lemon
- 1-2 tablespoons rice vinegar
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Salt and pepper to taste

Directions:

1. Fill a pot with 2 cups of water, bring to a boil.
2. Wash and roughly chop/tear kale into 2 inch pieces.
3. Add the kale to the boiling water for 30 seconds and then remove from heat. Drain and run under cold water immediately (or dunk in a bowl of ice water). Drain again and pat dry with a paper towel.
4. Place kale in a large bowl, add the avocado and raisins. Mash with a fork until avocado is incorporated.
5. Add remaining ingredients and toss.
6. Taste and adjust seasonings as desired.

Serves 4

Serving size: 1/2 cup

Nutrition Facts			
Serving Size 0.50 cup(s) (130g)			
Amount Per Serving			
Calories	168	Calories from Fat	51
		% Daily Value	
Total Fat	5.7g		9 %
Saturated Fat	0.8g		4 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	30.3mg		1 %
Total Carbohydrate	30.2g		10 %
Dietary Fiber	4.3g		17 %
Sugars	18.2g		
Protein	3.3g		
Vitamin A	175 %	Calcium	9 %
Vitamin C	124 %	Iron	9 %

