

Christie's Kale & Tomato Salad

Adapted from EveryFoodFits.com, Christie St. Pierre, MPH, RDN

Serves 6; approximately 20 minutes



Photo by Stacey Viera

Ingredients

- 1 bunch kale (stems removed)
- 1-2 cloves garlic (minced)
- 1-2 tablespoons sundried or fresh tomatoes (to taste)
- 1 avocado (diced)
- ¼ cup pumpkin seeds or similar (optional)
- 1 lemon (zested and juiced)
- Apple cider vinegar
- Olive oil
- Salt
- Dash chili powder or cayenne pepper (to taste)

Instructions

- Zest and juice lemon; measure contents and add to container with tight-fitting lid. Add equal portions of vinegar and oil lemon juice (1:1:1 ratio of liquids).
- Add spices, shake vigorously or blend, and taste.
- Remove kale stems, wash, and drain. Mince garlic. Put kale and garlic in large bowl with a couple pinches of salt and massage. Add some vinaigrette, toss, and let sit refrigerated to soften greens.
- Cut avocado, tomatoes, and add those with nuts/seeds to salad. Enjoy!