



Spring Kale Salad with Avocado, Strawberries & Lemon Vinaigrette

Yield: 4-6 servings

Serving size: 1 cup

Ingredients

1 bunch	Kale, rough chop
1 each	Avocado, diced
1 cup	Strawberries, sliced
1-2 Tablespoons	Olive oil
1 each	Lemon, juiced
¼ teaspoon	Black pepper

Equipment

- Chef knife
- Cutting board
- Small jar with lid
- Large bowl
- Mixing spoon

Method

1. In a small jar with an airtight lid, mix together the olive oil, lemon juice, and pepper.
2. To prep kale, remove leaf from stem. Roughly chop leaves and finely slice stems.
3. Add kale and half the dressing to a large bowl and use hands to massage for 1-2 minutes.
4. Add diced avocado and sliced strawberries and gently toss with additional dressing if desired.

Helpful Tips

- Make this recipe your own by switching up the spices or adding fresh herbs
- For an added crunch, add some chopped walnuts or pecans