
Greater Than The Sum of Its Parts Kale Salad

By Ellen Kanner

Serves 6 to 8



INGREDIENTS

- 1 bunch kale, washed, woody central stems removed and leaves chopped well (about 6 cups of greens)
- 1 ripe avocado, peeled and chopped
- juice of 1 fresh lemon
- pinch or two sea salt
- optional adds include:
 - chopped tomatoes
 - thinly sliced radish
 - thinly sliced chive
 - chopped roasted almonds
 - roasted pumpkin or seeds
 - chopped mint or cilantro
 - olives, green or black, your choice

INSTRUCTIONS

Fill a large salad bowl with the chopped kale leaves. Mix in the lemon juice and salt. Use your hands to massage it into the leaves. After a few minutes, the color will deepen, the kale will start to surrender and soften at your touch and will reduce in volume by about a fourth. Smush in the avocado.

Enjoy at its most elemental or fancy it up by scattering in a handful of your favorite optional add-ins.

Enjoy now or later.