

ADDICTIVE AVOCADO-LEMON KALE SALAD

by radish*rose

Ingredients:

5-6 oz. mixed kale or Lacinto kale, cleaned, ribs removed, and torn into 2-3" pieces (if baby kale, no need to tear or remove ribs)

1 avocado

Juice of 1/2 lemon

2 T. good olive oil

Large pinch of flaky sea salt, such as Maldon

Freshly ground pepper

Optional: Toasted sliced almonds

Method:

Put all in large salad bowl. Massage the avocado into the kale with your hands until it is all creamy. (The volume will get a lot smaller so if you want to put it in a smaller bowl at this point for serving, go ahead.) Top with the toasted sliced almonds.

CHEATER "TOASTED" TAMARI ALMONDS: I keep my sliced almonds in the freezer and here is what I do to "toast" them and boost umami (savory) flavor. Place 2-3 T. of sliced almonds in a small microwave-proof bowl. Sprinkle with a few drops of tamari, toss to coat all. Microwave for 1 min. They will get very warm and kind of stick together. Break them apart before sprinkling on top of the salad.

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