

# Easy Kale Salad

## Ingredients:

Cleaned kale, de-stemmed and cut or torn into bite-sized pieces (green curly kale works best)

½ or 1 Avocado

Thinly sliced red onion

Toasted slivered almonds or other nuts

Craisins or dried cherries (these are typically not oil-free)

Balsamic Glaze, 3-2-1 Dressing, or any fat free dressing you like

Optional: hemp seed or sunflower seeds

- Take a small piece of the avocado into your hands and massage it into the kale. This will break down the kale a little bit and make it easier to eat
- Cut up the rest of the avocado or ½ avocado for the salad
- Add rest of the ingredients to the bowl, drizzle with balsamic glaze and toss
- 3-2-1 dressing: 3 parts balsamic vinegar, 2 parts Dijon mustard, 1 part maple syrup

Optional ingredients (just use whatever you have):

Carrot

Bell pepper

Edamame or other beans like chickpea or cannellini to make an entrée salad

Pear (or other fresh fruit like apples, mandarins, berries)

Toasted almonds

1 chopped Medjool date

Enjoy often! For questions, email: [sherlocktruhealth@outlook.com](mailto:sherlocktruhealth@outlook.com)

