

Massaged Kale Salad with Creamy Avocado Vinaigrette

Makes 4-6 servings

What you'll need...

1 bunch	kale, stems removed, torn into pieces (about 6 cups total)
1½ tsp	extra virgin olive oil
¼ cup	extra virgin olive oil
¼	avocado, well mashed
3 tbsp	apple cider vinegar
1-2 tsp	raw honey or maple syrup
1 tsp	sea salt
¼ tsp	freshly ground black pepper
½-1	clove garlic, minced (optional)
1 ¾	avocado, cut into chunks
1½ cups	small tomatoes, cut in half
1 cup	cauliflower florets, cut into bite sized pieces
1-2	green onions, sliced
¼ cup	hemp hearts

What to do...

1. In a large bowl, combine kale and 1½ tsp (7.5 mL) olive oil. Gently massage until leaves are shiny and supple. This can also be done in a Kitchen Aid mixer, with the

paddle attachment, on low speed. Chill, covered, until ready to serve.

2. In a small bowl, whisk together remaining olive oil, mashed avocado, vinegar, honey, salt and pepper until combined.
3. Just before serving, toss kale and remaining ingredients with vinaigrette.

Notes

The kale can be massaged with oil ahead of time and kept, undressed, in the fridge until ready to serve.