

Massaged Kale Salad

Ingredients:

- 1 bunch kale, destemmed
- 1 lemon, juiced
- 1 tsp salt
- 1 avocado, pitted and cubed

You Will Need:

- A medium mixing bowl
- A small bowl for lemon juice, optional
- A knife
- A spoon, to toss and to serve

Instructions:

1. Rinse and destem kale. Place in medium bowl and set aside.
2. Dice avocado and set aside.
3. Rinse lemon. Juice and set aside.
4. Place the cubed avocado into the bowl with the kale. With clean hands, squish the avocado into the kale. This is the “massaging” part of the recipe! Mash the avocado into the kale until all of the leaves are evenly covered in avocado and the leaves have relaxed.
5. Add the lemon juice and salt.
6. Serve as a side with your favorite chicken or pork dish, or try adding healthy toppings such as nuts, seeds, or leftover grilled chicken!



**This recipe has been adapted by the South Plains Food Bank SNAP-Ed Department.*

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