

Kale Medley The Third (SoCal)

I can't get enough chopped kale these days. I never thought I'd love it as much as I do.

This salad is built from Farm Fresh To You and Trader Joe's produce.

I chop my lettuce a little larger to slow my husband down. I've watched the speed he can inhale food and I've noticed there is NO WAY he can snarf down a salad I build. My secret is the lettuce leaf size. Beware: bitching and moaning about leaf size is inevitable...but it is worth it! We need to SLOW DOWN and chew our food whether you agree on it or not.

Servings: 4-6

5 giant lacinato kale leaves, remove the stem from leaf and chop into small bits
1 head of lettuce, chopped larger than bite size
2 Persian cucumbers, chopped like nickels
2 carrots, chopped like nickels
2 celery stalks, chopped like nickels
1 red tomato (cut into bite size chunks)
10 cherry tomatoes (added last to each plate, 3 each)
1 small avocado (added last, halved and sliced)

Cut your lettuce and kale, toss it together and place in fridge in its own bowl (to chill).

While it's "chillin'" cut the remaining vegetables (aka The Medley) except for the cherry tomatoes and avocado.

Serve the bed of greens on the bottom and the medley on top for each plate/giant bowl.

Add the avocado and cherry tomatoes (optional).

Dig in!!

DRESSING?

Yes please!

I spoon regular hummus throughout my salad (about ¼ cup) and blend it all together. YUM! Add your dressing as desired.

Randy has his salads dry, adding tons of cracked pepper. He also added black beans to his (about ¾ cup).

Nutrition Info per serving (about 2 cups)

Calories 110 kcal

Fat 4g

Carbs 16g

Protein 4g

Packed with Vitamin A, C, Calcium and Iron.