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Raw Kale and Avocado Salad

This recipe is a slight modification of Karen Knowler's (www.therawfoodcoach.com) famous salad. Be sure to get the freshest kale available. If you are harvesting your own kale, cut it early in the morning, wrap it in a slightly damp, lint free, cotton kitchen towel, store it in your refrigerator, and use it the same day. Once you try this fresh, so good for you salad (raw kale is full of calcium and only 33 calories per cup), you'll crave it as much as I do.

To watch Karen make her salad go to: <http://www.youtube.com/watch?v=xlpy2RcsOtc>

One large bunch green curly kale (only use the curly kale in this recipe—other kales don't seem to work as well with this technique)

Celtic sea salt OR Himalayan crystal salt OR Kosher salt

1 Tablespoon best quality olive oil

2 ripe avocados

One small basket of red cherry or grape tomatoes

4 green onions

Chop the kale up into tiny pieces measuring roughly ½ inch square and put into a bowl.

Add 1 tablespoon of olive oil plus a small sprinkling of your chosen salt to the kale and massage well into the leaves until they are glistening and look succulent. If you need more oil, add it and continue to massage the kale.

Chop up 1 avocado into small pieces, add to the kale and massage in well, coating the leaves with the avocado.

Chop tomatoes in half and add to bowl. Gently toss to combine.

Finely slice the spring onions and toss them onto the salad.

Cut the second avocado into ½ inch dice and top the salad with it.

Serves 2-4.

Victoria Wesseler