

RECIPE OF THE WEEK: PALEO EDITION

Kale and Avocado Salad

Ingredients:

1 small bunch of Lacinato kale, stems removed
3 tbsp cold pressed olive oil
2 tbsp lemon juice
¼ to ½ teaspoon sea salt
2 cloves of garlic, minced
2 tbsp red onion, diced
1 ripe avocado, cubed
½ cup cucumber, diced

Instructions:

Stack the kale, a few leaves at a time, and cut into very thin ribbons. Place in a large bowl and sprinkle with ¼ teaspoon of salt. Using your hands, massage the salt into the kale, squeezing and tossing until the kale begins to wilt. Add olive oil, lemon, garlic and onion to the bowl and continue to massage with your hands as the kale will soften more and shrink down in size. Lastly, add the avocado and cucumber and toss gently. Taste for salt and add another ¼ teaspoon if desired. Enjoy!

Options:

Add grilled chicken strips for an additional protein source

Serves 4 as a side salad

Compliments of *Jodi Slutzky* from the *pinterest* website

