

Kale and Avocado Salad



Ingredients

12 cups kale, fresh, chopped
2 avocados
3/4 cup lemon juice
1/2 tsp salt

Instructions

Remove kale leaves from the stem and chop into bite size pieces. Place kale in a salad bowl. Add avocado, lemon juice and salt. with clean hands, massage until the kale starts to soften and wilt, about 2-3 minutes.

Nutrition Information Per Serving

Serving Size: 1 cup
12 servings
Calories: 90
Fat: 6 gm
Sodium: 125 mg
Fiber: 5 gm
Carbohydrates: 10 gm
Protein: 4 gm
Sugars: 2 gm