

Creamy Kale Salad

Creamy, fresh & cool, this fancy looking salad is simple to prepare and full of whole, raw foods.

If you haven't given kale a try yet, this is a great introduction. Kale is a hearty green and on its own carries a mild bitterness which melds well with more mellow flavours. It is a great source of calcium and has tons of antioxidants that have been proven to reduce the risk of certain cancers, including colon cancer.

While the fat content on this one may seem high for a salad, it is full of monounsaturated fats, which are recommended to be included in your daily diet.

Ingredients

1 ripe avocado, halved, pit removed
2 tbsp white wine vinegar
2 tsp Dijon mustard
3 tbsp extra virgin olive oil
½ bunch kale (8oz), stemmed and coarsely chopped
1 small red beet, peeled and thinly sliced
1 sweet, crisp apple, cored and cut into thin wedges
½ cup toasted walnuts, chopped
Kosher salt & freshly ground black pepper



Preparation

1. Combine avocado, vinegar, mustard and oil in a food processor. Pulse until smooth (it will be thick). Season with salt and pepper.
2. Combine kale, beets, apple and walnuts in a large bowl. Toss with avocado dressing. Season with salt & pepper. Serve immediately. Serves 8 as a side salad.

Nutrition (per serving)

153 calories, 14g fat (2g sat, 6g mono), 8g carbohydrates, 3g fibre, 2g sugar

Nutrition Bonus: Vitamin A (78% of daily value), Vitamin C (25% of daily value), Manganese (23% of daily value)