

Flavorful Green Kale Salad

Description

This is an extremely healthy and delicious salad. You will enjoy it.

Prep time: Fourteen minutes

Cook time: One minute

Total time: Fifteen minutes

Servings: 4

Ingredients

8-10 oz. of Lacinato kale, sliced to small pieces
2 teaspoons of toasted sesame oil
2 teaspoons of extra virgin olive oil, or flaxseed oil
2 small cloves of garlic, crushed
1 teaspoon of grated fresh ginger
A pinch of coarse sea salt
A large handful of snow peas, chopped
2 teaspoons of coconut amino
2 teaspoons of aged balsamic vinegar
1 avocado, sliced
A small handful of chopped scallions
Orange zest from One orange
Hemp seeds, as much as needed

Instructions

1. Wash and rinse the kale properly, then dry. Cut off the kale stems and then roll up the kale leaves in five layers, then chop them into tiny pieces.
2. Mix the kale leaves with the first 6 ingredient. Combine using clean hands. Then add in the rest of the ingredients. Toss and serve.