

Kale, Pomegranate, and Avocado Salad

From www.peachesandcake.com

Serves 4

- 2 bunches lacinato kale
- 2 Tbsp. extra-virgin olive oil
- 3 Tbsp. fresh lemon juice
- 1 pomegranate
- 1/3 cup raw slivered almonds
- 1 large avocado, diced



Rinse and dry kale. Remove tough spines. Place kale in a large bowl and chop with a pair of scissors. Massage with olive oil and lemon juice and set aside.

Slice pomegranate in half. Hold pomegranate half over a bowl seed-side down and whack the seeds out by pounding the skin with a wooden spatula. Pop out any remaining seeds with your fingers. Repeat with other half.

Combine kale and pomegranate seeds. Cover and let marinate in refrigerator for at least 30 minutes and up to a few hours.

Toast slivered almonds in a sauté pan over medium heat for 7 minutes or until lightly browned.

Add almonds and diced avocado to salad and serve.