

# Avocado Kale Salad

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## Adapted from Paleo Cooking from Elana's Pantry

Serves: 4

### Ingredients:

- 1 bunch kale, washed and torn off stalks
- 2 Tbsp olive oil
- 1 Tbsp freshly squeezed lemon juice
- 1 avocado, ripe and diced into 1-inch cubes
- ½ tsp fresh ground black pepper
- ¼ tsp sea salt

### Preparation:

1. In a large bowl, thoroughly combine kale, olive oil and lemon juice until kale is tender.
2. Add the avocado pieces, pepper and salt.
3. Toss to coat evenly and serve.