



Kale, Carrot and Avocado Salad

Serves 4

Avocado provides rich flavor and creamy texture in this simple salad.

- 1 bunch curly kale, stemmed and finely chopped
- 2 cups grated carrots
- ½ avocado, peeled and pitted
- ¼ cup thinly sliced red onion
- 2 tablespoons lemon or lime juice
- 2 tablespoons sesame seeds, toasted
- ½ teaspoon reduced sodium soy sauce

Toss all ingredients together in a large bowl. Use your hands or the back of a large spoon to thoroughly mash avocado into kale. Set aside at room temperature for 30 minutes before serving to allow kale to soften naturally in the dressing.

NUTRITION

Per serving (about 8oz/234g-wt.): 160 calories (60 from fat), 7g total fat, 0.5g saturated fat, 0mg cholesterol, 115mg sodium, 23g total carbohydrate (6g dietary fiber, 3g sugar), 6g protein
Dairy free, High fiber, Low sodium, Sugar conscious, Vegan, Vegetarian



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