

## KALE SALAD

Place the following in a large bowl:

Packaged kale salad greens – these greens often contain grated red cabbage, grated carrots, and other yummy add-ins. If your package greens are plain, you may consider adding similar ingredients.

Chopped bell peppers, if desired

Handful of dried cranberries, if not using fresh fruit

Seeds of choice – pumpkin seeds, aka pepitas, are our favorite

Avocado – sliced and chopped

1 sliced fresh peach, in season - 😊 - or any other seasonal fruit: strawberries or blueberries

Salt and pepper to taste

### Method

Mix salad ingredients in large bowl.

Drizzle extra virgin olive oil and balsamic vinegar over top – toss and serve.

May be combined/tossed with quinoa salad for a delightful vegetarian meal or may be served with cooked protein.