

# NO-OIL KALE AVOCADO SALAD



#VEGAN #GLUTENFREE #SOYFREE #OILFREE #SUGARFREE

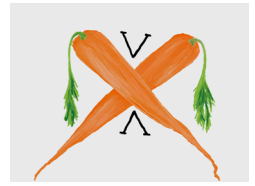
SERVES: 2-4

PREP TIME: 10 MINUTES

ASSEMBLY TIME: 5 MINUTES

TOTAL TIME: 15 MINUTES

THE VARIANT VEGGIE



PLANT-BASED  
NUTRITION.

NEVER BLAND.  
ALWAYS VARIANT.

## INGREDIENTS

1 large bunch kale, de-stemmed and torn into bite size pieces

1 medium avocado, pitted and diced

2 TBSP fresh lemon juice

1/4 tsp celtic sea salt

1/2 cup red bell pepper, cut into matchsticks

1/2 cup cucumber, cut in half moons

1/4 cup fresh parsley, chopped

Optional add-ins: vegan parmesan, toasted nuts, additional veggies

## METHOD

Wash kale. De-stem and tear into bite size pieces. Add to a large salad bowl. Pat dry with a paper towel.

Add diced avocado, lemon juice, and salt to the kale. Using your hands, massage the avocado into the kale leaves until all leaves are coated and no avocado chunks remain. The kale should soften in texture and become more fragrant. Rub for about 1 minute, then set aside and prepare your toppings.

Add red bell pepper, cucumber, fresh parsley, and any other toppings to the kale. Toss to combine and enjoy!

## NOTES:

**Easy vegan parmesan recipe:** 1 cup walnuts, 1 garlic clove, 1-2 TBSP nutritional yeast, 1/2 tsp sea salt. Blend together in a small food processor until a course texture, similar to parmesan, is achieved! Use to top salads, pastas, pizza, etc.

## NUTRITION:

Serving Size: 1/4 recipe Total Calories: 165 Total Fat: 8 g

Sodium: 285 mg Potassium: 692 mg Total Carbohydrate: 26 g

Fiber: 7 g Sugar: 5 g Protein: 6 g

Vitamin A: 188% Vitamin C: 312% Calcium: 11% Iron: 10% (Percent Daily Value)

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