

Kale Confetti Salad with Toasted Sunflower Seeds

From Clean Start by Terry Walters

2 bunches kale (about 4 heaping cups chopped)
2 T extra virgin olive oil
1/8 t sea salt, plus more to taste
1 t grated fresh ginger
1/2 avocado, peeled, pitted and chopped
3 T finely chopped red onion
3 T finely chopped red bell pepper
1 small carrot, grated
3 T toasted sunflower seeds
1 T lemon juice
1 T lime juice

Remove stalks from kale and discard. Chop leaves into small pieces and place in mixing bowl. Drizzle with olive oil and, using your fingers, gently massage oil into leaves. Sprinkle with sea salt and ginger, add avocado and continue massaging until leaves are evenly coated. Set aside to marinate for 15 minutes.

Add onion, red pepper, carrot and sunflower seeds, and toss. Drizzle lemon and lime juice over salad, massage juices into leaves and toss to distribute ingredients evenly. Season to taste with salt, massage one last time, and serve.

Serves 4.

Mary's notes: This delicious, healthy salad keeps very well.