



The Edible Garden

Recipe featured at the Whole Foods Market demonstration, August 27

Kale Avocado Salad

By: Holly Shelowitz, Healthy Eating Specialist at Whole Foods Market

Ingredients

1 head kale, any variety, diced
1 red bell pepper, diced
1½ avocados, scooped
½ cup red onion, green onion, or leek, finely diced
1 lemon, juiced
Pinch of sea salt

Instructions

1. In mixing bowl, toss all ingredients together. Smash avocado into salad to cream and coat all ingredients. Serve immediately.