

Tuscan Kale & Avocado Salad

2-4 servings

4 cups finely shredded kale stems removed

¼ cup lemon Juice

½ tsp mustard

½ tsp salt

pinch of red pepper flakes

½ cup extra virgin olive oil

1 avocado cut into large cubes

2 Tb pine nuts (optional)

- Take a few leaves of Kale, stack and roll into a small log.
- With a very sharp knife slice the Kale into **very** thin slices, as thin as you can cut it.
- Mix lemon juice, olive oil, salt and red pepper flakes.
- Toss with the Kale.
- Add avocado and mix gently.
- Serve topped with pine nuts.