RAW KALE SALAD

FROM THE KITCHEN OF Donna Mackie

INGREDIENTS

1 bunch kale
1/2 cup sliced red onion
2 ripe Haas avocados, halved, peeled and cubed
1 cup grated carrot
1/2 cup lemon or lime juice
2 tablespoons extra virgin olive oil
1/2 teaspoon salt

METHOD

Shake kale under water. Shake again to remove as much water as possible. Roll up kale lengthwise and cut across into ribbons. Put kale and remaining ingredients in a bowl. Toss well. Marinate for at least an hour before serving.

For a sweeter, breakfast version, replace the avocado with banana, the carrot with pomegranate seeds, and the lemon juice with orange juice. Drizzle the whole thing with maple syrup to taste and sprinkle with homemade bacon bits.

SERVES 4-5

GROWING PLACES RECIPE BOOK | SPRING SECTION

QUICK EATS Tear washed kale into bite-sized pieces, removing thick stems. Drizzle with olive oil and sprinkle with salt. Bake in 350-degree oven 10-15 minutes until edges are brown, but not burnt.

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