

**LEMON KALE CHICKPEA AVOCADO SALAD**

Fresh avocados, chickpeas, and kale are dressed in a citrus vinaigrette. Healthy and zesty!

🕒 15 minutes

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🍴 4 portions

INGREDIENTS

- Juice of 1 lemon
- 1 clove of garlic, mined
- 1/4 cup of olive oil
- 8 cups of kale, stems removed
- 1 drained can of chickpeas
- 1 avocado, diced
- Black Pepper and Sea Salt to taste

COOKING METHOD

- 1° In a bowl, whisk together LEMON JUICE, GARLIC, SALT, and PEPPER; slowly drizzle in OLIVE OIL, vigorously whisking until creamy emulsion forms.
- 2° When ready to serve, pour vinaigrette over KALE and firmly massage until kale begins to soften and all surfaces are coated; (don't be gentle with it, be firm!).
- 3° Gently fold in the CHICKPEAS, AVOCADO; cover and refrigerate until ready to serve.
- 4° Feel free to add extras to this salad...such as chopped nuts, cheese, or fresh fruit.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (166 g)	% DRI
ENERGY	171 kcal	284 kcal	14 %
FAT	13 g	21 g	33 %
FATTY ACIDS, TOTAL SATURATED	2 g	3 g	14 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	109 mg	181 mg	8 %
CARBOHYDRATE	12 g	20 g	7 %
SUGARS	2 g	3 g	—
FIBER	5 g	8 g	33 %
PROTEIN	4 g	7 g	—