

Kale Salad with Blueberries, Corn and Avocado



Prep time: 15 minutes

Cooking time: None

Servings: 4

Salad Ingredients

- 1 large bunch of kale, stems removed, washed, dried and chopped into smaller pieces
- Extra virgin olive oil for the kale
- Pinch of Himalayan or sea salt
- 1 ½ cups fresh blueberries
- 1 large avocado, cut into cubes
- 1 ear of corn, steamed and cut off the cob
- ½ cup basil and mint, roughly chopped
- ½ cup raw walnuts, roughly chopped

Dressing Ingredients

- ¼ c fresh orange juice
- 2 Tbsp apple cider vinegar
- 2 Tbsp extra virgin olive oil
- ½ Tbsp honey
- 1 small clove of garlic, grated or minced
- Himalayan salt and pepper to taste
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Directions:

- Place the kale in a large bowl. Drizzle with 1-2 tsp of extra virgin olive oil and sprinkle with salt. Massage the kale until the volume decreases by about a third and the kale is tender.
- In a small bowl, whisk together the orange juice, apple cider vinegar, olive oil, honey, and garlic.
- Add salt and pepper to taste.
- Dress the kale with 2/3 of the dressing and taste. Let the salad rest till serving time.
- When ready to serve, taste the salad and add more dressing if desired.
- Dice the avocado and mix it into the kale with the blueberries, corn and fresh herbs.
- Gently toss the salad and sprinkle the walnuts on top.

Note:

- The recipe works equally well with curly kale or Tuscan (Lacinato) kale. Curly kale can be torn into smaller pieces ,but I prefer to cut Tuscan kale into strips to make it easier to break down when massaging with the oil and salt.
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Recipe compliments of Roxane Shymkiw (No Shoes Nutrition)