



CELEBRATE SALAD!

CREAMY KALE

ORIGINAL RECIPE FROM MARILYN CHIARELLO

1 large bunch of kale
1-2 tomatoes, diced
1-2 lemons
1-2 avocados
Himalayan salt
Optional: cayenne, scallions

1. Strip kale off the stems, then cut or tear into bite-sized pieces. Or, use a food processor for this, pulsing gently in small batches. Do not liquefy the kale.
2. Sprinkle with some salt and hand process, massaging the kale until it takes on a cooked appearance. It will greatly reduce in volume. The salt actually “cooks” the kale by breaking down the cell walls.
3. Squeeze one or two lemons onto the kale and massage again. The acid in the lemon juice will continue “cooking” the kale.
4. Cut the avocado(s) in half and score in a criss-cross fashion. Scoop out with a spoon and mix it thoroughly with your hands, “smooshing” (a special culinary term) it well to create a creamy texture. (Kids love to do this!) For a chunkier salad, reserve half an avocado and toss in without smooshing.
5. Toss in the diced tomatoes, and the (optional) chopped scallions and cayenne.
6. Serve as a salad topped with roasted pepitas, as a spread on crackers, bread or chips.



Dark, leafy greens are among nature’s most beneficial foods. Kale is a great food if you’re looking to protect your health and enjoy a delicious food at the same time. The phytonutrients in cruciferous vegetables such as kale help detoxify cells, clearing free radicals and potential carcinogens, which may be why cruciferous vegetables appear to be able to lessen the occurrence of a wide variety of cancers and also provide significant cardiovascular benefits as well. Studies consistently show that diets high in cruciferous vegetables are associated with lower incidence of a variety of cancers, including lung, colon, bladder, breast and ovarian cancer. Kale is also known for its carotenoids, which prevent damage to the eyes from excessive exposure to ultraviolet light, offering a protective effect against cataracts. Kale is an excellent source of traditional nutrients, as well, including vitamins A, C, B, and manganese and a good source of dietary fiber, calcium, copper, and potassium. The benefits go on... Kale is helpful for immune support, reducing inflammatory conditions such as asthma and arthritis, preventing colds and recurrent ear infections. Kale is also a very good source of calcium, important for bone health, and vitamin E, shown to slow the loss of mental function. The combination of vitamins, minerals and phytonutrients makes kale a health superstar!

Nutrition information source: World’s Healthiest Foods