

Kale Citrus Salad

*Sapana Chandra,
Plant Power Bowls*



INGREDIENTS

For the Dressing:

- 1/4 cup extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon Dijon mustard
- 1 teaspoon maple syrup (optional)
- 1 garlic clove, minced or grated (optional)
- Sea salt and freshly ground black pepper, to taste

For the Salad:

- 1 bunch kale, de-stemmed and thinly sliced
- 1 citrus fruit, peeled and sliced
- 1 avocado, diced
- 1/4 cup almonds, roughly chopped
- 1/4 cup red onions, thinly sliced
- 1/4 cup pomegranate or dried cranberries (optional)
- 1 jalapeno, seeded and sliced

INSTRUCTIONS

1. Combine all dressing ingredients in a tightly sealed glass jar. Shake for 30 to 60 seconds, until well-emulsified. Adjust seasoning, if needed.
2. Combine kale and lemon juice in a large mixing bowl. Massage until tender, about 2–3 minutes.
3. Add remaining salad ingredients to massaged kale. Drizzle with dressing and toss gently. Serve immediately.