

Quick Kale Salad

By Mihaela Telecan

Kale is another vegetable from the cabbage family, and like all cruciferous vegetables has multiple health benefits such as: anti-cancer, anti-inflammatory, and anti-oxidant.

Its cardiovascular protective benefits are primarily due to its fiber content. Kale is one of the most nutrient-dense vegetables, 1 cup providing 1,327 percent of the Daily Value (DV) for vitamin K1, 192 percent of DV for vitamin A, and 88 percent for vitamin C.



Ingredients:

- 1 bundle of organic curly kale
- 1 small onion
- 1 medium tomato
- 1 avocado
- 1 Tbsp. Dulse flakes
- ¼ cup olive oil (first cold press extra virgin)
- The juice from 1 lemon
- Salt and pepper to taste

Instructions:

1. Wash kale, remove the stem and chop or slice into bite size pieces.
2. Chop onion and tomato and add to kale in a large bowl.
3. Cut avocado in big chunks and add to kale.
4. In a separate container, whisk together lemon juice, olive oil, salt pepper and dulse flakes.
5. Pour over the kale and toss well.
6. Let it sit for about 5-10 minutes before eating.