



a better world begins on your plate

**plant-based**  
**eating** ANIMAL PROTECTION  
OF NEW MEXICO

## Zesty Kale Salad



Although kale is a winter green, it is usually available in early spring and often year-round. Several varieties can be used including curly kale, Tuscan kale, and dinosaur kale, which has large, dark blue flat leaves, an interesting bumpy texture, and a nuttier flavor. Super food, super simple!

### Salad

- 8 oz. shredded kale
- 1 cup shredded carrot
- 1 ½ cups diced avocado
- 1 ½ cups diced tomato
- ¼ cup chopped cilantro

### Dressing

- ¼ cup olive oil
- ¼ cup fresh lemon juice
- 2 cloves minced fresh garlic
- ½ tsp cayenne pepper powder  
(more to taste)
- pinch of red pepper flakes

Toss dry salad ingredients together in a large salad bowl.

Mix salad dressing separately and toss in with salt and pepper to taste.

Mix thoroughly for at least five minutes to allow the avocado and dressing to fully coat the kale.

Let salad marinate for thirty minutes before serving.

Add salt sparingly as kale has a naturally, slightly salty flavor.

Top with toasted bread cubes or croutons (optional).