



Kale Salad

Ingredients

Amount

Fresh Kale	4 Cups finely chopped
Fresh Romaine Lettuce	4 Cups finely chopped
Fresh Scallions	1 Cup finely chopped
Tomatoes	2 small
Avocados	½ small
Cod Liver Oil: Barlean's Lemon flavored	4 teaspoons
Fresh Squeezed Lime Juice	2 limes
Coriander	1 tsp
Black pepper	½ tsp
Garlic Powder	1 tsp
Dried Tarragon leaves	1 tsp
Stone Ground Mustard	2 TBS
Balsamic Vinegar	1 TBS

Preparation:

- Chop, wash and dry kale, lettuce, and scallions in a salad spinner- Add to a large bowl.
- Wash tomatoes and slice into small cubes
- Peel and slice avocados into thin small slices and add to the bowl.
- In a Magic Bullet blender (Small Cup is best) add the rest of the ingredients and mix well.
- Add Dressing to the salad and mix well, Chill in the fridge for at least 15 minutes.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 87

% Daily Value *

Total Fat 5 g **7 %**

Saturated Fat 1 g **6 %**

Monounsaturated
Fat 3 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 1 mg **0 %**

Sodium 99 mg **4 %**

Potassium 98 mg **3 %**

Total

Carbohydrate 7 g **2 %**

Dietary Fiber 2 g **9 %**

Sugars 2 g

Protein 2 g **3 %**

Vitamin A **87 %**

Vitamin C **75 %**

Calcium **5 %**

Iron **5 %**
