Kale Guacamole Salad Recipe / Kale avocado Salad



Kale Guacamole Salad Recipe / kale avocado salad is a simple, delicious salad made of kale leaves and guacamole. Kale is a super healthy green loaded with vitamins, anti-oxidants and fiber. Also kale helps you to lose weight and prevent heart

diseases. I never knew about this wonderful green before 4 yrs. First I hate it after tasting, as it has got slight bitter taste , my husband love kale, so we started cooking lot of recipes with kale. Now I started loving it . So I made this kale salad with avocado last week, it was delicious in taste. Guacamole adds a creamy dressing and almonds adds a little crunch to the salad. Try this kale salad you will love this for sure

How to make Kale Guacamole Salad Recipe



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Prep time
10 mins
Cook time
5 mins
Total time
15 mins

Kale guacamole salad recipe / kale avocado salad is a simple, fresh and delicious salad for summer. Serve them as a dip for veggies or spread in sandwich or with tortilla chips.
Author: Gayathri Ramanan
Recipe type: salad
Cuisine: American
Serves: 2
Ingredients

- 1 cup of kale leaves
- 1 avocado
- ½ onion, chopped
- 1 tomato, chopped
- 1 tsp of Lemon Juice
- 1 tsp of Garlic Powder
- Salt and pepper to taste
- 1 tsp of Coriander Leaves (cilantro), chopped
- 7- 10 Almonds, Chopped
- 1 Tbsp of Vegenaise
- 1 Tsp of Olive Oil

Instructions

1. Heat a pan with olive oil, add kale leaves and salt, sauté it for 2 mins. Keep it aside.
2. In a bowl, add avocado, mash well with your back of your spoon, add chopped onion, tomato, garlic powder, vegenaise, lemon juice, coriander leaves, salt and pepper, sautéed kale, mix well with a spoon to combine.
3. Kale guacamole salad is ready to serve, on the top add some chopped almonds. Eat it with tortilla chips or as a spread in sandwich or burger.

Notes
They are perfect dip for veggies.
Spread it in your sandwich or in burger buns. or as wraps
Serve them with tortilla chips.
If you want, you can add some grated cheddar cheese.



I took this pic in Iphone

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