



LIVE WELL WATERTOWN

STRAWBERRY KALE SALAD

Adapted From: Gimme Some Oven

Prepared By: Chef Carabeth

Total Time: 10 MINS; **Prep Time:** 10 MINS

INGREDIENTS:

SALAD INGREDIENTS:

6 cups fresh baby kale (*or see note below for using other kinds of kale)
1 pint strawberries, hulled and sliced
1-2 avocados, peeled, pitted and diced
half a small red onion, thinly sliced
Optional toppings: Crumbled goat cheese/other soft cheese, chopped pecans, sliced radishes, blanched garlic scapes (trimmed and roughly chopped)
white balsamic vinaigrette (recipe below)

WHITE BALSAMIC VINAIGRETTE INGREDIENTS:

1/2 cup extra virgin olive oil
1/4 cup white balsamic vinegar
3-4 tablespoons honey
1/2 teaspoon sea salt
1/4 teaspoon freshly-cracked black pepper

*If you choose to use traditional kale, pour an extra few teaspoons of oil onto the greens first and massage it into them with your hands for 1 minute to soften.

DIRECTIONS:

TO MAKE THE SALAD:

Toss all ingredients together with your desired amount of dressing until combined. Serve immediately.

TO MAKE THE VINAIGRETTE:

Whisk all ingredients together until combined.