

# Kale Salad with Oranges, Almonds & Avocado

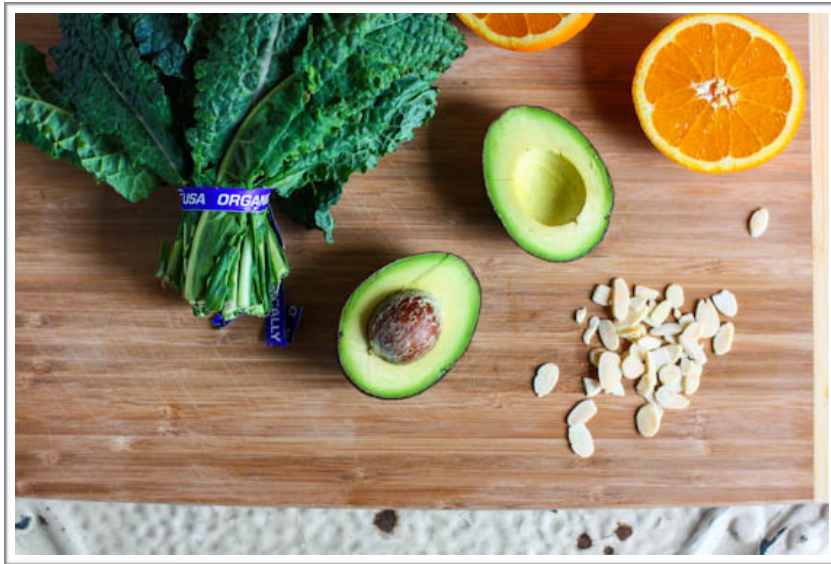
Adapted from: Jenna Weber (*Eat Live Run*)

**Prep time:** 5 minutes

**Cook time:** N/A

**Total time:** 5 minutes!

**Serves:** 1 giant salad



## Ingredients

1 bunch lacinato kale ("dinosaur" kale),  
washed and roughly chopped  
2 juicy oranges  
3 tbsp. extra virgin olive oil

½ avocado, diced  
2 tbsp. sliced toasted almonds  
salt and pepper to taste

## Instructions

1. First, make the dressing: Combine the juice of one orange with the olive oil, pinch of sea salt and pepper. Shake or stir until very well combined. Set aside.
2. To assemble the salad, peel the other orange and separate the sections (peeling off the white pith as best you can). Chop orange sections roughly and place in a bowl with the kale, chopped avocado and almonds.
3. Drizzle about half the dressing over salad and toss well to coat. Enjoy now or stick in the fridge and eat later (this salad will stay good for a couple days in a covered container in the fridge). Dressing will stay good in a sealed jar for a about a week.