

Raw Kale Confetti Salad with Toasted Sunflower Seeds

THIS LIGHT AND RAW PREPARATION OF KALE is the perfect warm-weather alternative to sautéing and allows me to keep the nutritional powerhouse of kale in my diet year-round. If you thought kale required cooking, you'll be delightfully surprised at how tender and delicious this preparation is.

- 2 bunches kale (about 4 heaping cups chopped)
- 2 tablespoons extra virgin olive oil
- 1/8 teaspoon sea salt, plus more to taste
- 1 teaspoon grated fresh ginger
- 1/2 avocado, peeled, pitted and chopped
- 3 tablespoons finely chopped red onion
- 3 tablespoons finely chopped red bell pepper
- 1 small carrot, grated
- 3 tablespoons toasted sunflower seeds
- 1 tablespoon lemon juice
- 1 tablespoon lime juice

Remove stalks from kale and discard. Chop leaves into small pieces and place in mixing bowl. Drizzle with olive oil and, using your fingers, gently massage oil into leaves. Sprinkle with sea salt and ginger, add avocado and continue massaging until leaves are evenly coated. Set aside to marinate for 15 minutes.

Add onion, red pepper, carrot and sunflower seeds, and toss. Drizzle lemon and lime juice over salad, massage juices into leaves and toss to distribute ingredients evenly. Season to taste with salt, massage one last time and serve.

SERVES 4

VARIATIONS

Try this raw kale salad with fresh basil, heirloom tomatoes and avocado in the summer, or red onion, orange slices and pumpkin seeds in winter.