

Kale Avocado Salad with Tony and Peter Capozzi



Ingredients:

Fresh kale (washed, dried, torn into bite-sized pieces)

2 Tbs lemon juice

2 tsp apple cider vinegar (raw, unfiltered, with the "Mother")

½ tsp Kosher salt

2 Tbs extra virgin olive oil

1 avocado, sliced

Black pepper, freshly ground, to taste

Directions:

Place kale in large bowl. Add lemon juice, apple cider vinegar, salt, olive oil and stir and massage with hands (massaging kale makes it softer and more tender). Top with avocado and freshly ground black pepper.

Simple. Healthy. Fast.