

Kale, Radishes & Avocado Salad

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

Preparing the Salad

First, gather and prepare your mise en place.

In mixing bowl add the kale, avocado and lemon juice. With your hands, press to cream the avocado until thoroughly mixed.

Mix in the leeks, tomatoes and some of the radishes, reserving a bit of the radishes for garnish.

Finish with sea salt as an option.

Step 1: Preparing the Salad

- 1 medium bunch kale (any type), stemmed and shredded
- 1 avocado, pitted and flesh removed
- 1 lemon, juiced
- 2 1/2 tbsp leeks, white parts, washed and thinly sliced
- 1 cup cherry tomatoes
- 3 radishes, sliced paper thin on mandoline
- 1/2 tsp sea salt (optional)

Step 2: Serving the Finished Dish

- 1 english cucumber, sliced in 1/8–inch strips for garnish
- Seed & Spice Blend for garnish

To make the Cucumber Round and to finish the salad, on the center of a plate, connect two cucumber strips and fold to form a round border. Fill with a generous amount of kale salad.

Add the remaining radish slices and the Seed & Spice Blend and serve.

As a variation, add chopped fresh herbs or your choice of diced vegetables. You may also substitute chard or spinach for the kale. For a quick snack, wrap it in your favorite whole grain tortilla.