

Kale Avocado Salad

1/2 cup fresh orange juice
3 Tbs fresh lemon juice
2 tsp soy sauce
1 clove garlic, smashed and chopped into a paste
4 Tbs extra-virgin olive oil
2 avocados, halved, pitted, and peeled
2 Tbs raw hemp seeds (optional)
1 bunch kale (about 3/4 lb.), stemmed and finely chopped
Kosher salt and freshly ground black pepper, to taste



Whisk together juices, soy sauce and garlic in a bowl. Slowly whisk in oil; set dressing aside.

Cut the avocados into 1/2 inch cubes. Put cubed avocados, half of the hemp seeds, and kale into a serving bowl.

Toss kale mixture with dressing and season generously with salt and pepper.