

Marinated Kale Salad

The calcium in this dish makes this salad a good complement for dishes high in phosphorus, such as nut and seed patés and cheeses.

Notes: Using organic ingredients, especially for the kale, avocado, and tamari, will make the salad taste measurably better. Also, fresh lemon juice does a much better job of softening the kale than the bottled stuff.



Those with hypothyroidism should not use this recipe, as kale is goitrogenic.

Ingredients

avocado, ½-1 medium
kale, curly, 1 bunch
lemon juice, ⅓ C. (2-3 lemons)
Portobello mushroom, 4 oz.
onions, red/yellow, ½ C.
red bell pepper, ½ C.
oil, ⅓ C. (olive oil recommended)
tamari, low-sodium, ¼ C.

Tools

bowl, large
bowl, small (opt.)
citrus juicer (opt.)
cutting board
knife, chopping
measuring cup (1C)
salad tongs

1. Shred the kale into the large bowl.
2. Cut the avocado and mushrooms into bite-size pieces, and mince the onions; then add them to the large bowl.
3. Measure lemon juice, oil, and tamari into a measuring cup; then pour over kale and produce.
4. Toss salad with tongs.
5. Let stand in refrigerator. If standing time will be less than four hours, re-toss salad after two hours. If standing time will be overnight, re-toss before bedtime and in the morning. (The object is to get the lemon juice in contact with as much kale as possible as often as is feasible.)

Salads
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Servings: 10

Prep. Time: 20 min.
Stand Time: 4 hrs.

Nutrition Information (based on using ½ avocado)

Serving Size:	1 cup
Calories:	133.8
Protein:	3.5 g
Carbohydrates:	10.6 g
Fiber:	2.4 g
EGC:	8.2 g
Fat:	9.1 g
Sat. Fat:	1.3 g
Poly. Fat:	1.0 g
Mono. Fat:	6.2 g
Sodium:	168 mg.
Potassium:	202.2 mg.
Calcium:	87 mg.
Magnesium:	400.9 mg.