

## Kale and Strawberry Salad

*Makes 4 servings*

### Ingredients:

1 bunch of fresh kale cleaned and diced  
¼ head purple cabbage, shredded  
1 carrot peeled and shredded  
1 avocado  
6-8 fresh strawberries, sliced  
½ cup sliced almonds  
1/3 cup lemon juice  
¼ cup honey  
2 teaspoons poppy seeds  
1 teaspoon black pepper  
½ teaspoon kosher salt

### Instructions:

#### Step 1

Vinaigrette:

Take lemon juice, honey, oil, poppy seed, salt and pepper and place in a bowl. Wisk until emulsified and set aside.

#### Step 2

Place kale, cabbage and carrot in a bowl, and toss with dressing. Cover and let set overnight.

The next day add the avocado, strawberries and almonds, then mix to incorporate. Serve shortly after this step.

**Nutritional information per serving:** calories 177; carbohydrates 18 g; total fat 12 g; protein 3 grams; sodium 96 mg.