

Super Food Kale Salad:

1 bunch kale (lacinato kale is especially good), stalks removed and discarded, leaves thinly sliced
1 lemon, juiced
1/8 cup extra-virgin olive oil
2 teaspoons maple syrup
Sea salt and freshly ground black pepper
1 avocado, diced small
1/4 cup walnuts
1/4 cup dried cherries or cranberries
1/2 cup cooked quinoa (optional)*

*To cook quinoa: In a saucepan combine the 1/2 cup quinoa with 1 cup water. Bring to a boil, then reduce heat to low. Cook until the quinoa absorbs the liquid. About 12-15 minutes. Remove from heat and set aside covered for 5 minutes. Let cool before adding to salad.

In a small bowl, whisk lemon juice and maple syrup with the olive oil whisking until a dressing forms, and you like how it tastes. Add salt and freshly ground black pepper to taste.

Pour half of the dressing over the kale, massaging into the kale. Let sit for 10 minutes. Then add the avocado, cranberries, quinoa and walnuts. Toss and serve.

*This salad is even better if you can let it sit for a half hour (or even more). It is also very versatile. Sometimes I add some pumpkin seeds, roasted beets, roasted winter squash, diced apple, cheese, beans ...the possibilities are endless!

Kale is packed with vitamins A, C and K and antioxidants that help fight cancer, as well as compounds that promote eye health. Kale is high in fiber, and contains more iron per calorie than beef and more calcium per calorie than milk.

Avocados are a good source of fiber, potassium, magnesium, folate, vitamins C, K, B6, and E. The myriad of healthy fats and nutrients found in avocados can help protect your body from heart disease, cancer, degenerative eye and brain diseases.

Walnuts - you don't need to eat a lot of them to tap into their power. Just a small handful a day will deliver a healthy dose of omega-3's, alpha-linolenic acid, melatonin, copper, manganese and vitamin E which helps protect your heart.

Quinoa is one of the most protein-rich foods we can eat. It is a complete protein containing all nine essential amino acids. It contains almost twice as much fiber as most other grains. Quinoa also contains iron, magnesium, riboflavin (B2) and manganese.

Lemon is a great source of Vitamin C and is alkalizing for the body.

Cranberries and **cherries** are rich in Vitamins C and K and a great source of anti-oxidants.

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