

Kale Salad

Ingredients:

1 pound kale
Olive oil
1 can chick peas drained and rinsed
2 avacados diced
6-8 slices of red onion
1 clove garlic minced
6 fresh basil leaves torn
1/8-1/4 teaspoon red pepper flakes
Juice from 2 lemons
1 tablespoon honey
Salt and Pepper to taste

Directions:

Wash Kale. Remove thick stems and chop leaves. Drizzle enough olive oil to lightly wet the kale and massage the leaves until softened. Add remainder of the ingredients. Serves 8-10 people.