KALE AND PEACH SALAD

Ingredients:

Peach vinaigrette:
- 1 peach, sliced
- 2T apple cider vinegar
- 2T extra-virgin olive oil
- 2T water
- 1T raw honey
- 1/4 tsp each salt & fresh ground pepper

Salad:
- 1 bunch kale, stems removed (about 8 cups)
- 1 ripe peach, chopped
- 1/2 avocado, sliced
- 1/2 red onion, diced
- 1 cup cooked chickpeas (optional)
- Add grilled chicken or fish for more protein!



Directions:

1. Prepare the Peach Vinaigrette: Combine the peach, vinegar, oil, water, honey, salt, and pepper in a blender. Blend until very smooth, then set aside.
2. To prepare the salad, remove the tough stems from the kale leaves and rip the kale into small, bite-sized pieces. Transfer the kale to a large bowl and pour a generous amount of dressing over the top. (You won't use all of the dressing here; start with a 1/4 cup.)
3. Use your hands, or tongs, to massage the dressing into the kale until it feels tender. Then add on the rest of the toppings, including the sliced peach, avocado, red onion, and chickpeas. Toss gently, then serve right away, with extra dressing on top, if desired.
4. This salad is best enjoyed right away because the toppings will get soggy the longer they sit, but you can store the dressed kale in an airtight container in the fridge for up to 3 days. Leftover dressing will keep well in an airtight container in the fridge for up to 4 days. Makes 2 servings.

NUTRITION PER SERVING:

Calories: 341kcal | Carbohydrates: 36g | Protein: 5g | Fat: 22g | Saturated Fat: 3g | Polyunsaturated Fat: 3g | Sodium: 32mg | Fiber: 6g | Sugar: 23g

Reference: https://detoxinista.com