

KALE SALAD

1lb. kale (deribbed and cut into 1" sq. bits)

roast:

¼ sunflower

¼ sesame

¼ pumpkin (Irene left out the pepitos)

½ red onion sliced thinly

1/6 c. Braggs or soy

1/3 c. lemon

1/3 c. olive oil

massage above ingred. for 10 min.

Add any:

avocado

pomagrante

fennel

clementines

(I added avocado chunks. YUM)