

CHOP SPRING GREENS SALAD

1 bunch Lacinato or curly kale, ribs removed and cut into slivers
1/2 container Arugula
1 cucumber, peeled and cut into small cubes
1 firm avocado, cubed
1 cup Edamame
1/2 cup slivered almonds, toasted
1 Serrano pepper, thinly sliced
Cheese optional, Feta, Queso Fresco, shaved Romano etc..

Chop your kale as fine as possible. OPTIONAL - with your clean washed hands and massage the kale until it begins to soften and break down. A few minutes. Let sit for 5 minutes and then add your remaining ingredients. Toss with the prepared dressing. Add cheese for garnish. Serves 4-6

Lemon Thyme Vinaigrette

1/4 cup freshly squeezed lemon juice
1-2 tsp whole grain mustard
2-3 tsp fresh thyme, chopped
1 teaspoon agave or honey
1 1/2 tsp garlic, minced
1/3 cup olive oil
Salt & pepper- to taste

Add all ingredients, except the olive oil, to a small container with a lid (like a mason jar, but a bowl and a whisk will work also). Whisk or shake everything together. Add the olive oil, put the lid on and shake vigorously until it is emulsified. Taste with a piece of lettuce and re-season dressing if necessary. Store in refrigerator, it'll keep for a generous 2 weeks.

When dressing a green like Kale you can be more generous as it is quite hardy and can take a lot of dressing.