

Avocado, Mango, and Black Bean Salad on Wilted Kale



Ingredients

- ½ medium bunch kale – stems removed and finely chopped
- 1, 14 oz. (398 ml) can black beans (no added salt) – drained and rinsed
- 1 mango – peeled, pitted, diced
- ½ medium red onion – diced
- 1 ripe avocado – peeled, pitted and diced
- 2-3 tablespoons crushed unsalted peanuts
- The juice of one lime
- 2 tablespoons extra virgin olive oil (EVO)
- 2 teaspoons honey
- 2-3 dashes hot sauce (or to desired taste)
- Pinch of salt
- Pinch of red pepper flakes

Serves 4

Preparation

1. In a small bowl whisk together lime juice, EVO, honey, hot sauce, salt, and red pepper flakes.
2. Remove the stems from the kale and discard. Finely chop the kale (the smaller the better).
3. Wash the kale and spin dry. Place dried kale into a large salad bowl. Add about ⅓ of the dressing to the kale and toss with salad tongs or massage with hands for about

