

HEALTHY CREAMY MEXICAN KALE SALAD

Adapeted from

INGREDIENTS

Salad:

- 4 cups baby or full-grown kale (stalks removed & coarsely chopped), packed
- 14 oz can black beans, drained and rinsed (I used my cooked beans)
- 1 cup corn (thaw if using frozen)
- 2 large bell peppers (any colour), finely chopped
- 1 + 1/2 large avocado, finely chopped
- 1 large tomato, finely chopped
- 1/2 cup red onion, finely chopped
- 1/2 cup cilantro, finely chopped
- 1 tbsp jalapeño peppers, seeded & minced

Dressing:

- 1/2 large avocado
- 1/2 cup warm water
- 1/2 lime, juice of
- 1 tsp cumin
- 3/4 tsp salt
- 1/2 tsp black pepper

MATERIALS NEEDED

- Salad bowl
- Knife
- Cutting board
- Can opener
- Measuring cups
- Measuring spoons
- Food processor

INSTRUCTIONS

1. Add Salad ingredients to a large bowl. In [a food processor](#), [blender](#) or [Magic Bullet](#), process Dressing ingredients until smooth. Pour over salad, toss and serve.

