

Garden Chef Kale Superfoods Salad

4 Cups	Kale leaves, chopped with stems removed
1 Cup	Shredded red cabbage
1 Cup	Shredded Napa cabbage
1	Large ripe avocado
1 Tbsp	White balsamic vinegar
¼ Tsp	Himalayan salt
	Fresh cracked pepper, to taste
2	Scallions, chopped
1 Cup	Watercress leaves
1 Cup	Fresh blueberries
½ Cup	Golden berries or dried cherries
½ Cup	Sliced almonds, toasted
¼ Cup	Raw pumpkin seeds

Massage chopped kale and cabbage leaves with avocado until coated. Drizzle kale mixture with white balsamic vinegar and season with Himalayan salt and fresh cracked pepper. Toss.

Add scallions, watercress, blueberries, dried cherries, almonds and pumpkin seeds and toss again to serve.



ATLANTA BOTANICAL GARDEN

Recipe by Edible Garden Chef Megan McCarthy