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Terri's Clementine Kale Salad (reduced sodium variation)

Ingredients:

1 Kale, Black or curly
3 clementine's, divided
2 -4 TBSP Olive oil
2 TBSP white wine vinegar
1/3 cup pumpkin seeds
2 tsp coconut oil on stove
1-2 green onions, sliced
3 to 4 oz feta cheese, cubed
5 oz baby greens or similar
1-2 avocados, sliced
fresh ground black pepper

Preparation:

De-stem, wash and dry, a bit, one large bunch of kale. Tear or cut the leaves into bite sized pieces into a large bowl. Dice 1 clementine and add it to the kale. Add 1 tablespoon of the vinegar and drizzle a little olive oil over all. Massage until the kale begins to soften and wilt, for a minute or 2.

Melt the coconut oil in a small skillet over medium heat. When hot add the raw pumpkin seeds and toast, stirring occasionally for 3-5 minutes or until they begin to pop and turn slightly golden. Remove to a paper towel to drain and cool. Use the oil on your salad or save for another dish.

Slice the remaining 2 clementines and add to the kale along with the sliced green onions. Add the baby greens, cubed cheese, remaining vinegar, and olive oil and/or coconut oil. Toss well and lovingly. Taste for seasoning adding pepper if desired. Place in your nicest salad bowl for serving, slice avocados onto the top and sprinkle with the pumpkin seeds.



Food Fairy Note: *