



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

## **Kale and Blackberry Salad with Lemon Agave Vinaigrette**

SERVES 4

4 cups chopped kale - spines removed  
1 cup fresh blackberries  
1 avocado, diced  
½ cup chopped pecans, toasted\*  
½ cup crumbled feta

### **THE STEPS:**

- Place kale, avocado, pecans and feta a large bowl
- Pour the dressing on top of the salad and gently toss to combine.
- Plate salad into servings
- Sprinkle the black berries between the plates

\* Place chopped pecans in a small skillet over medium high heat and toss until fragrant and lightly browned.

### **Lemon Vinaigrette**

1/4 cup extra virgin olive oil  
2 tablespoons white wine vinegar  
1 tablespoon freshly squeezed lemon juice  
1 tablespoon agave syrup or honey  
½ teaspoon sea salt

### **THE STEPS:**

- Place everything in a small jar with a tightly fitted lid and shake well.

**THE LOVE:** The blackberries are extremely fragile so it's best to think of them as more of a garnish rather than something to be tossed!