

SUMMER PEACH AND BLUEBERRY KALE SALAD

July 13, 2020 by Caitlin Monson
From the website [Kalefornia Kravings](#)

Servings: 6

Ingredients

For the salad:

- 1 bunch of kale, chopped
- 2-3 fresh peaches, pitted & chopped
- 1 cup blueberries
- ¼-⅓ cup toasted pepitas* (see directions below for toasting)
- 1 tsp extra virgin olive oil (see substitution below)
- ½ lemon, juiced
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For the lemon vinaigrette:

- 2 medium lemons, juiced
- 4 tsp honey
- Splash of extra light tasting olive oil (about 1-2 tsp)
- Cracked black pepper, to taste

To make the vinaigrette:

Whisk all of your vinaigrette ingredients together in a bowl. Store it in the fridge until you're ready to eat.

To make the salad:

1. Place the kale in a bowl and drizzle it with the olive oil and lemon juice. Rub the kale together with your hands to fully coat/massage it in the oil and lemon juice. Do this for 5 minutes.
2. Add the peaches and blueberries and pour your vinaigrette over the top. Toss the salad and sprinkle it with toasted pepitas right before serving.

Notes

Olive oil substitution: Sometimes I'll use avocado oil spray in place of the olive oil. Just use a few squirts and follow the rest of the directions.

*You can also replace the pepitas with toasted pecans/almonds or de-shelled sunflower seeds

To toast the pepitas:

1. Preheat your oven to 375 degrees and line baking sheet with parchment paper.
2. Spread your pepitas out on the sheet and bake for 6-7 minutes or until they turn slightly brown. Let them cool completely before storing them in an airtight container.