

EMERALDS IN THE ROUGH Avocados



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◀ NORTHWEST STUFFED AVOCADOS ▶

Serves: 6

- 3 cups raw kale leaves
- 1/3 cup dried cherries
- 1/3 cup toasted hazelnuts
- 1 Tbsp olive oil
- 1 tsp lemon juice
- salt & pepper
- 1/4 cup chevre
- 3 ripe avocados

Enjoy

1. Finely chop the kale leaves, either in a food processor or with a knife.
2. Chop the dried cherries and toasted hazelnuts to small pieces, and mix together with the kale.
3. Add the olive oil and lemon juice to the kale mixture, and mix to combine. Season lightly with salt and pepper.
4. Crumble the chevre into the kale, and mix gently to combine.
5. Using a sharp knife, slice the avocados in half. Remove the pit, and fill the holes with the salad mixture.
6. Eat with a fork or spoon, adding more salad as desired.