



Kale Avocado and Bacon Salad with Feta Cheese and Pumpkin Seeds

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 2

Nutrition Information Per Serving

600.6 calories, 17.96 g carbohydrate, 8.49 g fiber, 9.47 g NET carbs, 11.79 g protein, 56.49 g fat

Ingredients

- 2 cup(s) chopped organic kale
- 1 medium avocado, sliced
- 6 slice(s) nitrate free bacon
- 1/8 cup(s) pumpkin seeds
- 1 ounce organic feta cheese, crumbled
- 3 Tbsp(s) avocado oil
- 1 tsp Dijon mustard
- 1/2 tsp(s) sea salt
- 2 Tbsp(s) lemon juice

Preparation

1. Prepare bacon. Add slices to a wide skillet and cook on medium until crispy on both sides. Carefully remove and place on a plate with paper towels to drain and cool.
2. Add kale to a large mixing bowl. Drizzle with half of the lemon juice and massage gently for about 1 minute.
3. In a small bowl, whisk avocado oil, Dijon mustard, remaining lemon juice and sea salt. Toss with massaged kale.
4. Top with sliced avocado, bacon, pumpkin seeds and crumbled feta.

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