

Guac – Kale - Mole

TOTAL TIME: Prep/Total Time: 10 min. **YIELD:** 4 servings (1/2 cup servings)

Ingredients

- 1 leaf curly kale with rib removed, roughly chopped
- 1 heaping tablespoon onion, roughly chopped
- 1 small clove garlic, minced
- 1 tablespoon cilantro leaves
- 5-6 pickled jalapeno slices, roughly chopped
- 2 ripe avocados, pitted
- 1 to 2 teaspoons lime juice, freshly-squeeze
- Pinch of salt

Directions

- **1.** In a food processor, process kale for a few seconds until broken down.
- **2.** Add onion, garlic, cilantro, and jalapeño. Process for about 20 seconds until combined in small pieces.
- **3.** Scrape down the sides and add in the flesh of two avocados, one teaspoon of lime juice, and a pinch of salt. Blend until fully combined, stopping to scrape sides if necessary.
- **4.** Taste and add more lime juice or salt, if desired, and combine. Serve immediately with chips, tacos, burritos, or anywhere guacamole is needed.
- **Nutrition Facts:** Serving size: ½ cup, Calories: 184, Carbs: 13g, Protein: 3g, Fat 15g

<https://cadryskitchen.com/kale-guacamole/#wprm-recipe-container-29008>