

Kale Market Salad

Yield: 3 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-farro-recipe>

Ingredients:

- 2 stalks green garlic or scallions, rinsed and chopped, ~1/4 cup
- 1/4 teaspoon fine grain sea salt plus more to taste
- 2 tablespoons fresh lemon juice
- 1/3 cup extra virgin olive oil
- 2 tablespoons avocado ripe
- 1 teaspoon honey or to taste
- pepper fresh, to taste
- 1/2 bunch kale destemmed, torn into pieces
- 1 cup farro cooked, or wheat berries, semi-pearled or whole
- 5 carrots farmers' market, very thinly sliced
- 1 bulb fennel transparently sliced
- 1 avocado cut into small cubes
- 1 handful almond slices toasted