

FOLDED HILLS

WINERY · RANCH · FARMSTEAD

KALE GUACAMOLE

Ingredients:

- 3 leaves of kale, stems removed
- 3 avocados
- ¼ cup diced spring onion
- ¼ cup diced cilantro
- 2-3 limes
- 1 teaspoon salt (coarse if possible!)
- diced jalapeño (if you like it spicy!)

Directions:

Step 1: Place a steamer basket into a fitted pot with 1 inch of water, bring to boil. Add the kale, cover and steam for 30 seconds to 1 minute. Remove the kale, place it on a kitchen towel, pat dry. Chill the kale (you can put it in the freezer for 5 minutes to go faster!). Chop the kale very finely once chilled.

Step 2: Mix all the ingredients in a large bowl, mashing until well combined.

Step 3: Season to taste! Add extra lime, more salt or even some jalapeño to make it exactly to your taste!

Step 4: Enjoy! Serve as a snack with chips or cut up veggies. Or, add on top of an entree like tacos or a veggie bowl!



Pair with Estate White

Point phone camera at
QR Code for more info.

