

Food Babe's Warm & Heavenly Kale Tacos



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	10 mins	15 mins	3

<https://foodbabe.com/kale-tacos>

Ingredients:

- 1 shallot
- 2 teaspoons garlic cloves
- 1 tablespoon coconut oil
- ½ head red cabbage
- 2 cups kale
- ¼ teaspoon sea salt
- 1 avocado
- ½ cup feta cheese, crumbled
- 1 large fresh tomato, seeded and diced
- 2 cups sprouts (of your choice)
- 1 lime, sliced
- 6 [sprouted corn tortillas](#)

Instructions:

1. Preheat oven to warm tortillas.
2. In a large skillet, sautee coconut oil, shallots for 2-3 minutes on medium heat.
3. Add garlic and cook another minute or so.
4. Add salt, black pepper and cabbage and cook for 2-3 minutes.
5. Add kale and cook until slightly wilted and remove from heat.
6. Assemble tacos by putting the kale and cabbage mixture on a corn tortilla, topped with diced tomato, sliced avocado, feta cheese, sprouts and a squeeze of lime.

Notes:

- Please choose all organic ingredients if possible