

Quinoa Confetti Salad with Curried Cashews

Prep Time	Cook Time	Total Time
30 Minutes	15 Minutes	45 Minutes

Quinoa Confetti Salad with Curried Cashews
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Recipe type: Vegan Side or Main Dish
Cuisine: American
Serves: 12



Ingredients

- 2 cups quinoa
- 4 cups water (plus a pinch of salt to water)
- 1 ½ cup curried cashew nuts (recipe below), some roughly chopped and some kept whole
- 1 bunch kale, about 6 cups chopped
- 1 cup celery, chopped
- ½ cup finely chopped red onion
- ½ cup banana pepper
- ¾ cup chopped fresh parsley
- 2 lemons' 1 tbsp zest, plus 4-5 tbsp fresh juice (about 2 lemons)
- 1 firm apple, of your choice, about 1 cup chopped
- 2/3 cup golden raisins, soaked until plump, and then drained
- ½ tsp fresh black pepper (or more to taste)
- ½-1 tsp kosher salt (to taste)

Curried Cashews:

- 2 cups raw cashews (could even get 3 cups out of the topping, just add a little extra lemon juice to help coat)
- 1 ½ tbsp lemon juice
- 1 tsp Kosher salt
- ¾ tsp turmeric
- ½ tsp turmeric
- ½ tsp cumin
- 2 ½ tsp garam masala (if you do not have this you can use a traditional curry powder)
- 1/8 - 1/4 tsp cayenne (we like them spicier, so we lean towards ¼, you can add more after you coat, so go lighter to start)

Instructions for Cashews: Roast cashews for 8 – 10 minutes at 400 degrees. Squeeze lemon juice and pour on top of cashews. Mix remaining ingredients in a bowl and toss to coat cashews. Place back on a cookie sheet and into oven for 2 minutes. Let cool and store.

Instructions

1. Soak quinoa for at least 4 hours, or overnight
2. To cook quinoa: place 4 cups of water and quinoa in a pot and bring to a boil. Reduce heat and cook until water has been absorbed, about 15 – 20 minutes. Check for texture, making sure the quinoa does not overcook and get mushy. If consistency tastes right, drain any remaining water if needed. Quinoa can be made several days in advance.
3. Sauté kale in a few tablespoons of water, until wilted. *Note: if you are not planning on serving this salad right away, save this step until the night before serving to keep the green color vibrant.
4. Set aside 1 cup of cooked quinoa (or use all of it for a larger serving) for later in the week (great for breakfast). Place cooked quinoa in a large bowl. Add remaining ingredients, except cashews, folding in cooked kale.
5. This can be made ahead of time. If designing a bright green kale, save kale for night before serving. Cashews are best stirred in night before serving to preserve their crunch. Add some or all curried cashews, up to you.
6. serve on its own, as a side dish or atop grilled portobello mushrooms.

Notes

Packed with nutrients! 107% Vitamin A, 95% Vitamin C, 9% Calcium, 19% Iron, 442 mg of Potassium per serving (1/12).
Calculated using 1 cup of curried cashews.

Nutrition Information

Serving size: 1/2 Calories: 281 Fat: 111.8 g Saturated Fat: 1.5 g Carbs: 34.8 g Fiber: 10 g Protein: 10 g
Cholesterol: 0 mg