

GREEK KALE AND QUINOA SALAD

PREP TIME: 10 MINUTES
TOTAL TIME: 10 MINUTES
SERVINGS: 4
CALORIES: 303 KCAL

INGREDIENTS

- 5-6 cups chopped kale stems removed
- 1 cup cooked quinoa
- 1 cup chopped tomato I like both red and yellow
- 1 cup chopped cucumber
- 1/3 cup chickpeas
- 1/2 cup feta cheese
- 1/2 cup kalamata olives
- 4 tbsp hummus
- 2 tbsp chopped fresh dill
- 1 lemon quartered

DRESSING

- 2 tbsp lemon juice
- 2 tbsp [olive oil](#)
- 1/4 tsp oregano
- generous pinch of salt and pepper

INSTRUCTIONS

DRESSING

1. Whisk ingredients to combine, set aside.

SALAD

1. In a large bowl toss kale leaves with dressing, don't be gentle with this step. Massage with your hands or aggressively toss with tongs.
2. In 4 containers divide cooked quinoa, massaged kale, tomatoes, cucumber, chickpeas, feta cheese, kalamata olives, 1 tbsp of hummus per container, sprinkle with fresh dill and place a quartered lemon in each container.
3. Will keep for 4 days fridge.
4. When eating pour into a bowl, toss all together, and squeeze lemon juice on top.

Nutrition Facts

Greek Kale and Quinoa Salad Meal Prep Bowls

Amount Per Serving

Calories 303

Total Fat 17g

Total Carbohydrates 30g

Protein 11g

