

Chopped Kale and Quinoa Salad

This salad is great any time of the year. It fits in with a summer barbecue, a side for holiday dinner or a meal by itself.

Ingredients

Salad

- 1 cup uncooked tri colored quinoa
- 1 tsp sea salt
- 1 tsp garlic powder
- 1/2 tsp dried basil
- 1/2 tsp dried dill weed
- 1/2 tsp dried oregano
- 1/2 cup of sliced almonds or chopped pecans
- 1/2 cup of dried cranberries
- 2 cups chopped kale
- 1/4 cup fresh cilantro (garnish)

Tangy Lemon Dressing

- 1 tbsp lemon zest
 - 3 tbsp fresh lemon juice
 - 1/4 tsp sea salt
 - 1/4 tsp ground black pepper
 - 2 tbsp dijon mustard
 - 2 tbsp grape seed oil
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Instructions

Salad

1. Cook quinoa according to packaged directions
2. Once the quinoa is done, stir in salt and garlic powder; set aside and let cool
3. Sprinkle the basil, dill weed and oregano into the kale and gently toss
4. Spread the kale into the bottom of the bowl
5. Add the quinoa to the middle of the bowl and sprinkle the cranberries and nuts around it
6. Drizzle with dressing and garnish with fresh cilantro
7. When you're ready to serve toss all salad ingredients together.

Tangy Lemon Dressing

1. Whisk all ingredients together until well blended