

Kale and Quinoa Salad

"Delicious and nutritious! This salad is sure to please the crowd! And with so many options to mix and match to your tastes, you can't go wrong. You can play with the kale-to-quinoa ratio to make this your own. Use alternative nuts and dried fruit to customize to your own taste buds." Kicius

Ingredients

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| <input type="checkbox"/> 1 cup quinoa | <input type="checkbox"/> 1 large garlic clove, minced |
| <input type="checkbox"/> 2 cups water | <input type="checkbox"/> 1 teaspoon fresh black pepper |
| <input type="checkbox"/> 10 leaves kale, cut into small pieces | <input type="checkbox"/> 1/2 teaspoon ground sea salt |
| <input type="checkbox"/> 3 tablespoons olive oil | <input type="checkbox"/> 1 cup pecans |
| <input type="checkbox"/> 2 tablespoons lemon juice | <input type="checkbox"/> 1 cup currants |
| <input type="checkbox"/> 1 teaspoon Dijon mustard | <input type="checkbox"/> 3/4 cup crumbled feta cheese |

Directions

Prep – 5 Minutes Cook 15 Minutes Ready in 55 Minutes

1. Bring water to a boil in a saucepan. Stir quinoa into the boiling water, reduce heat to medium-low, place cover on the saucepan, and cook until water absorbs into the quinoa, about 12 minutes. Remove saucepan from heat and let rest covered for 5 minutes. Remove cover and allow quinoa to cool completely.
2. Put kale in a large mixing bowl.
3. Whisk olive oil, lemon juice, Dijon mustard, garlic, pepper, and salt together in a bowl until oil emulsifies into the mixture; drizzle over kale. Add cooled quinoa, pecans, currants, and feta cheese to the dressed kale and toss to incorporate.

Nutrition Facts

Per Serving: 439 calories; 27 g fat; 43.9 g carbohydrates; 10.7 g protein; 17 mg cholesterol; 397 mg sodium.

[View recipe online](#)



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