



Quinoa (Keen Wah), Kale, Chickpea Salad

Ingredients:

2 Cups Cooked quinoa. Can be made ahead and refrigerated.

1 Cup cooked canned chickpeas, drained

3 Tablespoons chopped sun-dried tomatoes in oil

2 Tablespoons Basil pesto. You can make your own, or buy prepared in the store

1/2 Cup chopped fresh red onions

1/2 Cup chopped green onions (also known as scallions)

1/2 Cup chopped small, fresh curly kale NOTE: For a soft texture, place kale leaves in a plastic bag with a little oil, and massage them until they become softer.

Salt, pepper, lemon juice and olive oil to taste to finish off the salad.

OPTIONAL: You can add 1/2 cup of diced cherry tomatoes and/red peppers, or pomegranate arils (seeds)

Directions:

This is very simple! Place all the ingredients into a big bowl and mix them together. Add the salt, pepper, lemon juice and olive oil to taste, and you are ready to serve it!

Serving Suggestions:

This can be served as a salad on the side. You can eat this as a main dish, by placing it on romaine lettuce or similar greens. You can eat this as an entree, by cutting assorted colored peppers in half, scooping them out, and filling it with this salad mixture.

Finally, for a snack, you can top gluten free crackers with this salad mixture, or buy mini peppers, cut them in half, and place a tablespoon of the mixture into each side.

Additional Notes: We like to "chop" our ingredients into a medium size chop (about 1/4"), however, you can chop them smaller. Also, you can use your own favorite seasonings and "add ins".

