

Winter Kale and Quinoa Salad

Cooking Instructions

1. Make quinoa: add ½ cup water to small saucepan and add quinoa. Bring to boil, cover and reduce heat to simmer for about 13 minutes. Remove from heat and allow quinoa to sit for about 5 minutes (covered). Fluff with fork
2. Salad: In large bowl, mix together the kale, quinoa, pomegranate seeds, dried cranberries and walnuts.
3. Dressing: Whisk together olive oil, apple cider vinegar, Dijon mustard, honey, & salt and pepper in small bowl.
4. Pour dressing over salad until evenly coated. Top with addition pomegranates, walnuts, cranberries, or any other fruit you like

Recipe

- ½ cup uncooked quinoa
- 6 cups chopped kale
- 1 cup pomegranate seeds
- ½ cup dried cranberries
- ½ cup walnuts

Dressing:

- ¼ cup olive oil
- 2 Tbsp apple cider vinegar
- 1 ½ tsp Dijon mustard
- 1 tbsp honey
- Salt and pepper to taste
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Grocery List (add optional toppings to list as desired)

Produce

- 6 cups kale
- Pomegranate
- Dried cranberries

Canned Goods/Grocery

- Olive oil
- Apple Cider Vinegar
- Dijon Mustard
- Honey
- Walnuts
- Quinoa

Spices

- Salt and pepper