

Kale Quinoa and Avocado Salad with Lemon Dijon Vinaigrette

Jacob · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

4

Description

Steaming the kale removes some of the bitterness. The salad dressing ties all the flavors together. A quartet of super foods: kale, quinoa, avocado, and olive oil make this a healthy meal.

Ingredients

- 1 ½ cups water - 1 cup quinoa - 1 bunch kale
- torn into bite-sized pieces - ½ avocado
- peeled
- pitted
- and diced - ½ cup chopped cucumber - ½ cup chopped red bell pepper - 2 tablespoons chopped red onion - 1 tablespoon crumbled feta cheese - ¼ cup olive oil - 2 tablespoons lemon juice - 1 ½ tablespoons Dijon mustard - ¾ teaspoon sea salt - ¼ teaspoon ground black pepper

Instructions

1. Bring 1 1/3 cups water and quinoa to a boil in a saucepan. Reduce heat to medium-low
2. cover
3. and simmer until quinoa tender and water absorbed
4. 15 to 20 minutes. Set aside to cool. Place a steamer basket into a saucepan with 1 inch water; bring water to a boil. Add kale
5. cover
6. and steam until hot
7. about 45 seconds; transfer to a large plate. Top kale with quinoa
8. avocado
9. cucumber
10. bell pepper
11. red onion
12. and feta cheese. Whisk olive oil
13. lemon juice
14. Dijon mustard
15. sea salt
16. and black pepper together in a bowl until emulsified; pour over salad. Grace Magyar