



Kale and Quinoa Salad

Jacob · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

55 mins

Description

Delicious and nutritious this kale and quinoa salad is sure to please the crowd And with so many options to mix and match to your tastes you cant go wrong You can play with the kaletoquinoa ratio to make this your own Use alternative nuts and dried fruit to customize to your own taste buds

Ingredients

- - 2 cups water - 1 cup quinoa - 10 leaves kale
- cut into small pieces - 3 tablespoons olive oil - 2 tablespoons lemon juice - 1 teaspoon Dijon mustard - 1 large garlic clove
- minced - 1 teaspoon fresh cracked black pepper - ½ teaspoon ground sea salt - 1 cup pecans - 1 cup currants - ¾ cup crumbled feta cheese

Instructions

1. Bring water to a boil in a saucepan; stir in quinoa. Reduce heat to medium-low
2. cover saucepan
3. and cook until water absorbed
4. about 12 minutes. Remove saucepan from heat
5. let rest
6. covered
7. for 5 minutes. Remove cover; allow quinoa to cool completely. Add kale to a large mixing bowl. Whisk olive oil
8. lemon juice
9. Dijon mustard
10. garlic
11. pepper
12. and salt together in a separate bowl until emulsified; drizzle over kale. Add cooled quinoa
13. pecans
14. currants
15. and feta cheese to dressed kale; toss to combine.