

Kale and Quinoa Salad

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 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.

Submitted by **Kicius** |

Prep Time: 5 mins

Cook Time: 15 mins

Additional Time: 35 mins

Total Time: 55 mins

Servings: 6

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

Directions

Step 1

Bring water to a boil in a saucepan; stir in quinoa. Reduce heat to medium-low, cover saucepan, and cook until water absorbed, about 12 minutes. Remove saucepan from heat, let rest, covered, for 5 minutes. Remove cover; allow quinoa to cool completely.

Step 2

Add kale to a large mixing bowl. Whisk olive oil, lemon juice, Dijon mustard, garlic, pepper, and salt together in a separate bowl until emulsified; drizzle over kale.

Step 3

Add cooled quinoa, pecans, currants, and feta cheese to dressed kale; toss to combine.

Nutrition Facts

Per serving: 439 calories; total fat 27g; saturated fat 5g; cholesterol 17mg; sodium 397mg; total carbohydrate 44g; dietary fiber 6g; total sugars 18g; protein 11g; vitamin c 44mg; calcium 191mg; iron 5mg; potassium 632mg