Delicious Kale Salad

Serves 8

Ingredients

- 1 ½ cups cooked and cooled quinoa
- 5 cups Kale, stems removed and chopped
- ½ cup walnuts or almonds
- ¼ cup dried cranberries
- 1 apple, cored and chopped
- Salt and pepper to taste

For the dressing:

- ¼ cup olive oil
- 2 Tbsp balsamic vinegar
- 1 lime, juiced
- 1 clove garlic, minced
- 3 Tbsp honey

Preparation

Prepare the quinoa according to package directions and let cool. For the dressing, whisk together the olive oil, vinegar, lime juice, garlic and honey, set aside. For the salad, put chopped kale in a bowl and add the dressing. Using your hands, massage the dressing into the kale for about 5 minutes. The size of the kale will decrease and become more tender. Then add the quinoa, nuts, cranberries, and chopped apple. Season with salt and pepper to taste.

Calories 220, Total Fat 13g, Sat Fat 1.5g, Sodium 80mg, Carbohydrates 25g, Fiber 3g, Sugars 12g, Protein 5g

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