

Kale and Quinoa Salad

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Ingredients:

- 1 cup quinoa, rinsed well
- Kosher salt and freshly ground black pepper
- 1 cup (1/2 pint) grape tomatoes, halved
- 1/2 cup fresh mint leaves, finely chopped
- 1 small bunch dinosaur kale, finely shredded
- 1/2 English cucumber, cut into small dice
- 1/2 small red onion, thinly sliced
- 1/2 cup extra-virgin olive oil
- Zest of 1/2 and juice of 2 lemons
- Zest of 1/4 and juice of 1 orange



Directions:

1. Place the quinoa in a medium sauce pan, cover with 1 3/4 cups cold water and season with salt and pepper. Bring to a boil, lower the heat and cook until the water is absorbed and the quinoa is tender, 18-20 minutes. Remove the lid, fluff with a fork and let cool slightly.
2. Put the quinoa in a large bowl; add the tomatoes, mint, kale, cucumbers and onions and mix to combine.
3. Whisk together with the olive oil and lemon and orange zests and juices, and season with salt and pepper.
4. Add the dressing to the salad and toss to combine.
5. Cover and refrigerate for at least 1 hour before serving. The longer the salad sits the better the flavours become.

Source: Christienna Flagler – Magna Employee – Real Estate Assistant