

Kale Quinoa Salad

Our family loves this salad and so does everyone that tries it when I take it to a gathering!

Salad Ingredients:

- 1 1/2 cups cooked organic quinoa
- 5 cups organic kale, thinly shredded
- 1 3/4 cups organic red seedless grapes, sliced in half
- 1/2 cup roasted organic sunflower seeds, unsalted (I prefer raw)
- 1/2 cup Organic Valley Italian Blend Cheese

Salad Dressing Ingredients:

- 2 tablespoons organic lemon juice
- 2 tablespoons Spectrum organic olive oil
- 1 tablespoon local honey (we enjoy Weidner Farms)
- 1 teaspoon organic tahini
- 1 teaspoon Westbrae organic Dijon mustard
- 1 1/2 teaspoon crushed organic garlic

Celtic salt & organic pepper to taste

Cook 1/2 cup quinoa per package directions. Add all the dressing ingredients together in a jar and shake vigorously. Fold kale in half lengthwise along the stem. Tear kale leaves off stem. Stack leaves on top of each other and thinly chop kale. Add shredded kale to large bowl. Toss dressing with kale and massage the dressing into kale for a couple of minutes. Add remaining salad ingredients and combine.

Hope You Enjoy This As Much As We Do!