

Kale & Quinoa Salad

Salad

~2 cups cooked quinoa
1.5 cup shelled edamame
1 bunch kale, stems removed
& finely chopped
1 cup grape tomatoes, halved
1/3 cup red onion, diced
1 peach, diced

Lemon-Basil Vinaigrette

1/4 cup lemon juice
1/4 cup EVOO
1 garlic clove, minced
1 tsp Dijon mustard
1 tsp honey
6-8 basil leaves, chopped
Salt & fresh pepper to taste

Directions

- ◆ Make vinaigrette by combining all ingredients in a blender or food processor. Pulse for 10-15 seconds. Taste & adjust as needed.
- ◆ Add kale to a large bowl & pour half of the dressing over. Using clean hands, massage the kale for about 3 minutes or until softened.
- ◆ Add the rest of the salad ingredients & remaining vinaigrette. Toss so the salad is fully coated.

***Try adding avocado, nuts, or other topping of choice.*

***Substitute peach for mango, apple, or other seasonal fruit.*

Nutrition Facts

4 servings per container
Serving size 1.5 cups (275g)

Amount Per Serving
Calories 330

	% Daily Value*
Total Fat 17g	22%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Protein 12g	24%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.