

Shredded Kale and Quinoa Salad

Time: Under 30 minutes

Servings: Four

Level: Easy

Ingredients:

- o 1 bunch Dinosaur or Lacinato Kale Leaves
- o ¼ cup dry Quinoa, soaked and then cooked according to directions
- o 1 Lemon, cut into quarters
- o 1 Avocado
- o ¼ small Red onion, thinly sliced (optional)
- o 2 Tablespoons Dried Cranberries
- o ¼ cup Slivered Blanched Almonds
- o ½ pound medium Shrimp, deveined (optional! Or try Chicken or no protein)
- o Ricotta Salata cheese

Garlic Honey Mustard Dressing

- o 1 teaspoon Dijon Mustard
- o 1 teaspoon Honey
- o 1 clove Garlic, smashed
- o 1 Tablespoon Lemon juice (about 1 quarter of a lemon)
- o 2 Tablespoons Olive Oil
- o ½ teaspoon Salt

Directions:

- 1) Cook Quinoa and set aside to cool.
- 2) Put Slivered Almonds in a pan over medium heat for about 2-3 minutes until slightly toasted. Shake the pan during cooking. Place Almonds in a plate once toasted to stop the cooking process.
- 3) Remove the Kale stems and wash. Cut into small strips similar to a chiffonade.
- 4) Spin the shredded Kale in a salad spinner to dry.
- 5) Leave the Kale in the salad spinner. Squeeze one of the lemon quarters over the Kale. Then for 1 minute “massage” the Kale. The Kale will turn a darker green color. This is a great task for a child to help with!
- 6) In a small glass jar with lid, place all of the ingredients for the dressing and shake it until well combined.
- 7) Wash and cut Avocado in half. Remove the pit and peel. Dice the Avocado.
- 8) Transfer the massaged Kale to a salad bowl. Add the cooled Quinoa, Avocado, Red Onion, Cranberries, and Almonds. Pour dressing on top and gently toss.
- 9) Place and protein on top if using and grate some Ricotta Salata on top.

Fun tips and Information

- ❖ The Smith makes a salad that is very similar to this. Now you can make it at home without the wait!
- ❖ Massaging the Kale is a great way to involve the kids in making a salad. Also, massaging the kale makes it easier to digest.
- ❖ You can mix up this salad in any way you like. You could use replace the Avocado with roasted Butternut Squash cubes or even roasted Beets.