

## Ingredients

1 cup tri-colored quinoa  
(or any one color of quinoa)

1½ cups water

¼ cup white balsamic  
or white raspberry balsamic vinegar

1 clove garlic, grated or minced

1 tablespoon Dijon mustard

1 tablespoon honey

1 tablespoon chopped fresh parsley

½ teaspoon salt (optional)

¼ teaspoon ground black pepper

¼ cup extra virgin olive oil

4 cups chopped fresh kale leaves

¼ cup dried cranberries

2 tablespoons sunflower seeds

3 ounce package reduced-fat crumbled  
feta cheese

# Kale and Quinoa Salad

*This Recipe Serves 10*

1. Rinse the dry quinoa in a strainer under cold running water. Combine the rinsed quinoa and water in a medium sauce pan and bring to a boil. Reduce to a simmer and cover. Cook the quinoa for 12-15 minutes until all the liquid is absorbed. Turn off the heat and leave the lid on for 10 minutes to steam. Spread the quinoa on a sheet pan to cool.
2. In a large salad bowl, whisk together the vinegar, garlic, mustard, honey, parsley, salt (optional), and pepper. Add the olive oil and whisk until emulsified.
3. In the same bowl, toss together the kale, cranberries, sunflower seeds, feta cheese and cooled quinoa until coated with dressing.

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