



Quinoa & Kale Salad

Ingredients:

- 2 cups water
- 1 cup quinoa
- Pinch of salt
- 1 cup chopped Lacinato kale
- 1 cup grape tomatoes, halved
- 1 cup chopped cucumber
- ½ cup pitted kalamata olives, halved, optional
- ¼ cup diced shallot
- ½ cup feta cheese
- Salt and freshly ground black pepper, to taste
- ¼ cup olive oil
- ¼ cup red wine vinegar or lemon juice
- 1 cup combined chopped parsley, dill & scallions

Directions:

If necessary, rinse the quinoa under cold water.

Add quinoa, water, and salt to a medium saucepan and bring to a boil over medium heat.

Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed.

Remove from heat and fluff with a fork and fold in the raw, chopped kale.

Let quinoa cool to room temperature.

In a large bowl, combine quinoa, tomatoes, cucumber, shallot and feta cheese.

To make the dressing, whisk together olive oil, red wine vinegar, and herbs in a small bowl.

Pour dressing over the salad and stir until mixed well.