



Kale Salad with Cranberries & Quinoa

4 servings

25 minutes

Ingredients

1/3 cup Quinoa
6 cups Kale Leaves (stems removed, chopped)
1/3 cup Honey Mustard Dressing (divided)
1/2 cup Dried Unsweetened Cranberries
3/4 cup Walnuts (chopped)
Sea Salt & Black Pepper (to taste)
1/2 cup Parmigiano Reggiano (freshly grated)

Directions

- 1 Cook the quinoa according to the package directions, then set it aside.
- 2 Add the kale to a large bowl. Drizzle half of the dressing over the kale, and massage it into the leaves using clean hands until coated and softened.
- 3 Add the quinoa, cranberries, and walnuts to the kale. Pour in the remaining dressing and toss to combine. Season with salt and pepper.
- 4 Top with the parmesan cheese. Divide evenly between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately 1 3/4 cups.