

Quinoa + Kale Salad



INGREDIENTS

MAIN DISH | MAKES 4 servings

- 1/2 cup dry Quinoa
- 4 cups of chopped Kale
- 2 Apples, diced
- Lemon Juice
- 1/2 cup of Walnuts, chopped roughly
- 1/2 cup dried Cranberries
- 1/2 cup crumbled Feta Cheese

DRESSING

- 3 tablespoons EVOO
- 2 tablespoons Apple Cider Vinegar
- 1 tablespoon Dijon Mustard
- 2 teaspoons Honey
- 2 teaspoons Lemon Juice (fresh)
- Salt + Pepper to taste

INSTRUCTIONS

- Rinse & cook your quinoa according to directions & then set aside. (note: I like to use tri-color quinoa)
- Rise, chop, & pull out tough ribs from kale.
- Dice apples & squeeze some lemon juice on them to slow the browning process.
- Build your salads: 1 cup of Kale (about a handful), 1/4-1/2 cup of cooked Quinoa, 1/2 cup of Apples, 2 tablespoons of Walnuts, 2 tablespoons of Dried Cranberries, 2 tablespoons of Feta Cheese
- Mix up dressing in a mason jar.

PREPPING FOR THE WEEK

- Depending on time, you could always cut your diced apple just before eating.
- Pour 1-2 tablespoons of dressing over salad a few hours before you plan to eat it. This will help to soften the kale.
- You can grill some chicken to add to your salad.

10 DAY CLEANSE | 24 DAY CHALLENGE

This kicks all the bland, boring salads to the curb. I love this during the cleanse phase, max phase, and beyond. It has all the components I am looking for in a tasty, healthy meal.