

QUINOA SALAD

1 cup quinoa, rinsed well – toasted if time...

2 C. WATER

2 cups chopped kale, loosely packed

½ C. dried cranberries/raisins

½ C diced walnuts (optional)

Lemon Vinaigrette – whisk together: refrigerate 1 – 2 hours before serving, whisk again before serving.

- ¼ C. EVOO - (I have been using 1/3 cup).
- 2 T. freshly squeezed lemon – (a bit more...)
- 1 generous T. whole grain mustard
- ½ tsp. dried oregano
- 1/8 tsp sea salt
- 1/8 tsp black pepper

Cook quinoa following directions on the package. Turn burner off and add kale and dried fruit.

Leave covered on burner until kale is wilted about 5 – 10 minutes.

Add walnuts & vinaigrette over salad, toss to combine.

May be served warm or cold.