



## LEMONY QUINOA KALE SALAD

*Serves 4*

### Ingredients:

- 1 cup quinoa
- 1 1/2 cup water
- 2 tablespoons fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 3 cups chopped kale, packed, about half a bunch
- 1/4 cup slivered red onions
- 3 large tomatoes, cubed
- canned black beans or chickpeas (optional)

1. In a small pot over high heat, bring water to a boil, then stir in the quinoa. Reduce the heat to low and cover. Cook for 15 minutes until all the liquid is absorbed. Remove from heat and uncover, fluff and let cool.
2. In a large bowl, combine the lemon juice, olive oil, sugar and salt and whisk to mix. Add the kale and toss, then knead and massage with your fingers for 1 or 2 minutes to soften and break down the kale in the dressing. Let stand while the quinoa cools, then add the onion, tomatoes and cooled quinoa and toss to mix. Serve immediately or cover tightly and refrigerate for up to 3 days. Enjoy!