

Kale and Quinoa Salad

Prep time: 15 minutes

Cooking time: 20 minutes

Yields: 8 servings

Ingredients:

For the salad and toppings:

1 cup quinoa, cooked

1 bunch kale

1/2 cup dried cranberries

1/2 cup sunflower seeds

For the dressing:

1/2 orange, juiced

1/2 lime, juiced

2 teaspoons maple syrup

1/4 cup extra-virgin olive oil

Salt and freshly ground black pepper

Directions:

Pull the kale leaves from the stems.

Make the dressing: Whisk the juices together (you should have about 1/4 cup total of juice, or a little less). Whisk in the maple syrup and olive oil. The dressing will be emulsified but still thin. Stir about 2 tablespoons of the dressing into the quinoa after it finishes cooking.

Assemble the salad: Toss the kale with the quinoa and the caramelized onions. Toss with about half the dressing and taste. Add the remaining dressing if desired, then toss with the cranberries and sunflower seeds. Taste a bite; if it needs more salt, add it now, as well as fresh pepper if desired.