

Kale Salad with Spiced Pumpkin Seeds, Quinoa and Cranberries with Maple Dijon Vinaigrette

Prep time:

15 minutes

Cooking time:

20 minutes

Yields:

6 servings

Ingredients:

1/2 cup quinoa
1 small clove garlic, smashed
1 bunch kale
1/2 cup dried cranberries
1/2 cup spiced pumpkin seeds (see separate recipe)

For the dressing:

1 tablespoon apple cider vinegar
1 teaspoon dijon mustard
2 teaspoons maple syrup
1/4 cup extra-virgin olive oil
Salt and pepper to taste

Directions:

Place quinoa and garlic in a 2-quart saucepan and add 1 cup water and 1/2 teaspoon salt and bring to a boil. Cover and turn the heat to low; cook for 7 minutes. Turn off the heat but leave the lid on for an additional 5 minutes. After 5 minutes, remove the lid and fluff with a fork. Allow to cool before adding to salad.

Make the dressing: Whisk together the apple cider vinegar, dijon mustard and maple syrup. Slowly drizzle in the olive oil.

Remove stems from kale, tear leaves into smaller pieces and add to dressing in a large bowl. Massage kale into dressing by hand until kale softens approximately 2-3 minutes.

Add spiced pumpkin seeds, cranberries and quinoa. Mix well and serve.

Chef Mat Shalenko, June Health and Wellness