AUTUMN APPLE AND KALE QUINOA SALAD

Prep time: 25 minutes
Serves: 4-6

Pairs well with: Pork tenderloin, Grilled Chicken, or Salmon

Vinaigrette Ingredients:

- 2/3 cup extra virgin olive oil
- 3 Tbsp apple cider vinegar
- 3 tsp Dijon mustard
- 2 tsp honey
- 1 tbsp finely minced shallot
- 1 ½ tsp kosher salt
- freshly ground pepper to taste

Salad Ingredients:

- 1 head washed and chopped organic curly leaf kale
- 1 large Fuji or gala apple, thinly sliced
- 1 large avocado, sliced
- 2 cups of cooked and cooled quinoa
- 1 cup walnuts
- 1 cup dried cranberries
- ½ cup thinly sliced red onion
- 4 ounces crumbled feta cheese

Method:

1. Make your vinaigrette by whisking together the olive oil, vinegar, Dijon, honey, shallot, salt and pepper in a small bowl. Mix well.
2. Set your chopped kale in a large salad bowl, and drizzle with half of the vinaigrette, and massage it into the leaves with your hands or a wooden spoon to incorporate the dressing into the leaves. Let this sit at least 15 minutes while you prepare the other ingredients, as this will soften the leaves.
3. Once the leaves are softened, add in the quinoa, walnuts, dried cranberries, red onions, the rest of the reserved vinaigrette, and give it all a good stir.
4. Top with the crumbled feta, sliced avocado, sliced apples and serve.

Notes:

- This salad makes a great vegetarian lunch! To enjoy this for lunches, prep ahead, but keep your dressing and ingredients separate and toss before serving. This recipe makes about three lunches worth.
- Feta can be subbed out easily for goat cheese or blue cheese if you'd like.
- Any nuts can work in this dish, pecans are wonderful as are hazelnuts.
- Make your quinoa the night before and keep refrigerated, this will ease up day of preparation and ensure the quinoa is cooled well before adding to the salad.

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