



Greek Quinoa & Kale Salad Bowl

Serves 2-4

Ingredients:

1 cup Quinoa – red, white, black, or blended
½ Bunch Curly Kale – green or purple
15 oz / approx. 1.5 cups Chickpeas / Garbanzo Beans, drained & rinsed
Pitted Kalamata Olives, sliced in half
Cherry Tomatoes, sliced in half
2 green onions, sliced on the diagonal
Feta Cheese (optional)
Sea Salt
Roasted Garlic, Lemon and Miso Dressing (see RHNYC recipe)

Directions:

- Soak quinoa in water for 5 minutes, drain and rinse in mesh strainer.
- While quinoa soaks, bring a large pot filled half way with water to boil. Add one large pinch of salt to the water.
- Add quinoa to boiling water and let roll for 15 min. Strain and rinse with cold water.
- Remove heavy bottom stems of kale and roughly chop.
- Steam or blanch kale for 2-3 minutes or until bright green.
- Assemble quinoa, kale and chickpeas with feta, tomatoes, green onions and olives to taste.
- Toss with dressing and season to taste with salt.

Note:

The components / ingredients of this dish can be made in advance and refrigerated until ready to eat or pre-packed/assembled for a healthy lunch to-go.