



kale, spinach & quinoa salad

Looking for the champion in the Super Bowl of Super Foods? This Kale, Spinach and Quinoa meal-in-a-bowl is a winner, a green bowl full of super nutritious and delicious stuff (including mango and avocado), tossed in a zesty lemon shallot dressing and topped with spiced walnuts and creamy goat cheese. Get cooking and give new meaning to Power Lunch.

SERVES: 4



julie albert & lisa gnat



ingredients

Quinoa

- ½ cup quinoa, rinsed well and drained
- 1 cup water
- ¼ tsp kosher salt

Spiced Walnuts

- 1 tbsp butter
- 1 cup walnut halves
- ¼ tsp ground cumin
- ¼ tsp kosher salt
- 1/8 tsp ground cinnamon
- Pinch cayenne pepper
- 2 tbsp brown sugar
- 1 tsp water

Lemon Shallot Dressing

- 2 tbsp fresh lemon juice
- 1 tbsp sherry vinegar
- 1 tsp honey
- ½ tsp minced shallots
- ½ tsp Dijon mustard
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- ¼ cup olive oil

- 4 cups lightly packed baby kale
- 4 cups lightly packed baby spinach
- 1 large ripe avocado, chopped
- 1 large ripe mango, chopped
- 1/3 cup crumbled goat cheese

directions

- To cook quinoa, in a medium saucepan, combine quinoa, water and salt. Bring to a boil over high heat. Reduce heat to a simmer, cover and cook 15 minutes. Remove from heat and let sit covered for 5 minutes. Place in a large bowl and let cool.
- For the spiced walnuts, in a medium skillet, melt butter over medium heat. Add walnuts, cumin, salt, cinnamon and cayenne pepper. Stir continuously for 3 minutes, until walnuts are slightly toasted. Add brown sugar and water and continue cooking, stirring constantly for 1 minute. Remove from heat, spread on a piece of parchment paper and let cool.
- For the salad dressing, in a small mixing bowl, whisk lemon juice, sherry vinegar, honey, shallots, Dijon mustard, salt and pepper. Slowly add the olive oil, whisking vigorously until emulsified.
- To assemble the salad, place kale and spinach leaves in a large serving bowl. Toss with a few tablespoons of dressing. To the cooled quinoa, add chopped avocado and mango, tossing with a few more tablespoons of dressing. Place quinoa mixture over kale and spinach leaves. Top with crumbled goat cheese and spiced walnuts. Drizzle each serving with extra dressing.

“Number one, like yourself. Number two, you have to eat healthy. And number three, you’ve got to squeeze your buns. That’s my formula.”

— RICHARD SIMMONS

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