

Kale and Quinoa Salad with Lemon Tahini Dressing



INGREDIENTS:

For the Salad:

- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 4 cups kale, stems removed and chopped
- 1 cup cherry tomatoes, halved
- ½ cup cucumber, diced
- ¼ cup red onion, thinly sliced
- ¼ cup fresh parsley, chopped
- sunflower seeds, dried cranberries, raisins and feta cheese (optional)
- Salt and black pepper to taste

For the Lemon Tahini

Dressing:

- ¼ cup tahini
- 3 tablespoons fresh lemon juice
- 2 tablespoons water
- 1 clove garlic, minced
- 1 tablespoon extra virgin olive oil
- 1 teaspoon maple syrup or honey
- Salt and black pepper to taste

INSTRUCTIONS:

1. In a medium saucepan, bring the water or vegetable broth to a boil. Add the rinsed quinoa, reduce the heat to low, cover, and simmer for about 15 minutes, or until the quinoa is tender and the water is absorbed.
2. Remove from heat and let it sit, covered, for 5 minutes. Fluff with a fork and let it cool.
3. While the quinoa is cooking, massage the chopped kale with a pinch of salt. This helps to soften the kale and reduce bitterness.
4. In a small bowl, whisk together the tahini, lemon juice, olive oil, maple syrup or honey, minced garlic, salt, and black pepper. Add water, a tablespoon at a time, until the dressing reaches your desired consistency.
5. In a large bowl, combine the cooked and cooled quinoa, massaged kale, cherry tomatoes, cucumber, and red onion.
6. If using, add the sunflower seeds, dried cranberries, raisins and feta cheese
7. Pour the lemon tahini dressing over the salad and toss to combine. Adjust seasoning with more salt and pepper if needed.
8. Serve immediately or refrigerate for up to 2 days. Enjoy!

