

Recipe Name **Quinoa and Kale Salad with Blueberries, Beets and Walnuts**

Ingredients:

- 1 bunch organic kale, stems removed and thinly sliced OR 1 10oz. bag
 - Salt, pepper, and 1 Tbsp. olive oil to massage kale
- ~ 3 cups cooked quinoa (made from 1 cup dry)
- 2 cups fresh blueberries (can sub grape halves or other berries)
- 4 red beets, peeled, chopped, and roasted or steamed OR 1 8 oz. package store bought steamed beets, chopped.
- ½ small red onion, finely chopped (about ½ cup)
- ½ cup walnut pieces, plus extra to sprinkle over top

Dressing:

- 1/3 cup fresh lime juice
- 1/3 cup extra virgin organic olive oil
- 2 teaspoons Dijon mustard
- 1 Tbsp. raw organic honey (add more to taste)
- 2 cloves minced garlic
- Salt and pepper to taste

Directions

1. If quinoa is not already cooked, do so now so that it will have time to cool.
2. Dressing: In a small bowl, whisk lime juice, mustard, honey, garlic, and salt/pepper. Drizzle olive oil into dressing as you whisk so that it emulsifies. Taste and adjust seasonings to your liking. It should make a very bright and vibrant dressing.
3. In a large bowl, combine kale, 1 Tbsp. Olive oil, salt, and pepper. Gently massage the kale to soften and wilt it.
4. Add cooled quinoa, blueberries, beets, red onion, and walnut pieces
5. Pour dressing over salad and toss well to thoroughly combine. Taste and adjust nuts, fruit, salt/pepper to taste. Sprinkle extra walnuts on top and serve.