



OCT
2016

Crispy Sunchoke and Quinoa Salad

with Tuscan Kale and Mint

Despite their name, sunchokes, aka Jerusalem artichokes, have nothing at all to do with Jerusalem and are not, in fact, artichokes. Rather, this nutty and slightly sweet tuber is a type of sunflower and received its name from the Italian word for the plant, “girasole.” When thinly sliced and roasted, sunchokes become irresistibly crispy and pair perfectly with hearty kale and quinoa.



Prep: 10 min
Total: 30 min



level 1



nut
free



veggie



gluten
free



White
Quinoa



Sunchokes



Dried
Cranberries



Tuscan
Kale



Mint



Feta
Cheese



White Wine
Vinegar



Scallions

Ingredients

	2 People	4 People
White Quinoa	¾ Cup	1½ Cups
Sunchokes	6 oz	12 oz
Dried Cranberries	1 oz	2 oz
Tuscan Kale	4 oz	8 oz
Mint	¼ oz	½ oz
Feta Cheese	1) ¼ Cup	½ Cup
Scallions	2	4
White Wine Vinegar	½ T	1 T
Olive Oil*	4 t	8 t

*Not Included

Allergens

1) Milk

Tools

Small pot, Baking sheet, Large pan, Large bowl

Nutrition per person Calories: 515 cal | Fat: 15g | Sat. Fat: 3g | Protein: 16g | Carbs: 83g | Sugar: 24g | Sodium: 195mg | Fiber: 10g

1



1 Prep and roast the sunchokes: Wash and dry all produce. Preheat the oven to 400 degrees. In a small pot, bring **1½ cups water** and a large pinch of **salt** to a boil. Thinly slice the **sunchokes** into rounds. Toss on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 20 minutes, flipping once, until golden brown and crispy.

3



2 Cook the quinoa: Meanwhile, add the **quinoa** to the boiling water. Cover and reduce to a simmer for 15 minutes, until tender.

3 Prep the remaining ingredients: Remove and discard the **kale ribs** and **stems** before coarsely chopping the **leaves**. Thinly slice the **scallions**, keeping the **greens** and **whites** separate. Pick then coarsely chop the **mint leaves**.

4



4 Cook the kale: Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **kale**. Cook, tossing, for 3-4 minutes, until tender. If necessary, add a **splash of water** to help speed up the process.

5 Toss: When the **quinoa** is ready, toss it in a large bowl with the **scallion whites, mint, kale, feta, ½ Tablespoon white wine vinegar**, and a large drizzle of **olive oil**. Season with **salt** and **pepper**.

5



6 Serve: Plate the **quinoa salad** and top with the **crispy sunchokes**. Garnish with the **scallion greens** and **dried cranberries**. Enjoy!

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