



KALE AND QUINOA POWER-UP SALAD

with Toasted Almonds

PREP: 10 MIN
TOTAL: 30 MIN

LEVEL 1

GLUTEN
FREE

VEGGIE



HELLO

TUSCAN KALE

A tender variety with delicate leaves

INGREDIENTS:

- Veggie Stock Concentrate
- White Quinoa
- Tuscan Kale
- Dill
- Red Wine Vinegar
- Honey
- Dijon Mustard
- Sliced Almonds (Contains: Tree Nuts)
- Dried Cranberries
- Feta Cheese (Contains: Milk)

FOR 2 PEOPLE:

- 1
- ¾ Cup
- 4 oz
- ¼ oz
- 2 TBSP
- 2 tsp
- 2 tsp
- 1 oz
- 1 oz
- ½ Cup

FOR 4 PEOPLE:

- 2
- 1½ Cups
- 8 oz
- ½ oz
- 4 TBSP
- 4 tsp
- 4 tsp
- 2 oz
- 2 oz
- 1 Cup

NUTRITION PER SERVING

653 cal | Fat: 29 g | Sat. Fat: 6 g | Protein: 20 g | Carbs: 79 g | Sugar: 21 g | Sodium: 654 mg | Fiber: 10 g

START STRONG

To remove the leaves from kale, hold the stalk end. With your other hand, pinch at the point where the leaf ends and tapers into the stalk, then pull outward to tear the leaf away.



BUST OUT

- Small pot
- Large bowl
- Medium pan
- Olive oil (2 TBSP | 4 TBSP)
- Whisk
- Plate

1 COOK QUINOA

Combine **2 cups water**, **stock concentrate**, **quinoa**, and a pinch of **salt** in a small pot. Bring to boil, then reduce to a simmer and cover. Cook until tender, about 15 minutes. Remove from heat and let stand 5 minutes. Pour quinoa onto a plate to cool.

2 PREP

Wash and dry all produce. Remove ribs and stems from **kale** and discard. Slice kale leaves as thinly as possible. Finely chop **dill**.

3 MAKE DRESSING

Stir together **red wine vinegar**, **honey**, and **mustard** in a large bowl. Whisk in **2 TBSP olive oil** and season with **salt** and **pepper**. Add **kale** and toss to coat. Place in fridge until ready to use.



4 TOAST ALMONDS

Heat a medium pan over medium heat. Add **almonds** and toast until golden brown and fragrant, 2-4 minutes, tossing constantly. Put on a plate to cool.

5 MAKE SALAD

Fluff **quinoa** with a fork. Season to taste with **salt** and **pepper**. Add cooked quinoa to **kale** and **dressing**. Add **dill**, half the **cranberries**, and half the **feta**. Toss and season to taste with **salt** and **pepper**.

6 FINISH AND PLATE

Divide **salad** between plates and top with **almonds**, remaining **cranberries**, and remaining **feta**.

NAILED IT!

Got leftovers? They'll make the ultimate power lunch.