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| **Kale Quinoa Carrot Salad**  Recipe provided by **Homemade** |  |

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| Ingredients | Directions |
| |  |  | | --- | --- | | 1 bunch | Kale | | ¾ cups | Quinoa, dry amount | | 1 cup | Carrot, shredded | | 1 cup | Celery, thin slice | | ½ cup | Dried Cranberries | | ½ cup | Sunflower Seeds | | ½ cup | Lemon Juice | | ½ cup | Olive Oil | | ¼ bunch | Parsley | | 1 tsp. | Salt & Pepper |   Makes 4 - 6 servings | |  | | --- | | 1. Place quinoa in pot with double the amount of water and a dash of salt.  Bring to boil on stove, then reduce to simmer until water is absorbed and quinoa is cooked, about 15 minutes.  Let cool. | | 1. Finely chop kale and add to a large bowl.  Massage with hands for a minute to break down kale slightly. | | 1. Add shredded carrot, chopped celery, quinoa, sunflower seeds, and cranberries to the large bowl with kale and mix together. | | 1. To make dressing: blend oil, lemon juice, parsley, salt and pepper in a blender. | | 1. To Serve:  Add dressing to salad, mix through, and enjoy! | |  | |  | |
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