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

|  |  |
| --- | --- |
| 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!
 |
|  |
|  |

 |
|  |  |