

Kale, Quinoa, and Avocado Salad with Lemon Dijon Vinaigrette

Ingredients

FOR SALAD

2/3 cup quinoa

1 1/3 cups water

1 bunch kale, torn into bite-sized pieces

1/2 avocado - peeled, pitted, and diced

1/2 cup chopped cucumber

1/3 cup chopped red bell pepper

2 Tbsp. chopped red onion

1 Tbsp. crumbled feta cheese

FOR DRESSING

1/4 cup olive oil

2 Tbsp. lemon juice

1 1/2 Tbsp. Dijon mustard

3/4 tsp. sea salt

1/4 tsp. ground black pepper

Servings: 4

Method

1. Bring the quinoa and 1 1/3 cup water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.
2. Place kale in a steamer basket over 1 inch of boiling water in a saucepan. Cover saucepan with a lid and steam kale for about 45 seconds; transfer to a large platter.
3. Top kale with quinoa, avocado, cucumber, bell pepper, red onion, and feta cheese.
4. Whisk olive oil, lemon juice, Dijon mustard, sea salt, and black pepper together in a bowl until the oil emulsifies into the dressing; pour over the salad.

Calories 342; Fat 20.3 g; Sodium 552 mg.

