

Kale Quinoa Salad

- 1 cup quinoa, rinsed
- 2 cups water
- 4 tbsp extra virgin olive oil
- 2 cloves garlic, chopped
- ½ red onion, diced
- 2 Roma plum tomatoes, diced
- 2 cups fresh kale, chopped
- 2 tbsp fresh parsley, chopped
- Sea salt and fresh cracked pepper to taste

Bring water and quinoa to a boil. Cover and turn down to simmer for 12-15 minutes, until water is absorbed.

In sauté pan, heat 2 tbsp extra virgin olive oil on medium high. Add chopped garlic, diced onions and cook for 2 minutes before adding diced tomatoes. Add chopped kale and cover for 1-2 minutes or until kale is wilted.

Transfer cooked quinoa to large bowl. Drizzle quinoa with remaining 2 tbsp extra virgin olive oil. Add kale mixture and gently toss.

Sprinkle with chopped parsley and sea salt and fresh cracked pepper to taste. Toss again and serve.

