

Apple Kale Quinoa Salad

- 1 cup quinoa, rinsed**
- 2 cups water**
- 2 T extra virgin olive oil**
- 1 sweet onion, julienne cut**
- 2 tart apples, peeled and diced**
- 2 cups fresh kale, chopped**
- ¼ cup water**
- 2 T roasted walnut oil**
- salt and pepper to taste**
- ½ cup walnuts, toasted**

Bring water and quinoa to a boil. Cover and turn down to simmer for 12 minutes until water is absorbed. Transfer to large mixing bowl.

In large sauté pan, heat 2 T olive oil on medium high. Add onions and cook for 1 minute before adding diced apples for an additional minute. Add chopped kale and stir. Add ¼ cup water and cover for 1-2 minutes or until kale is wilted.

Drizzle quinoa with walnut oil and season with salt and pepper. Add apple and kale mixture to cooked quinoa and toss gently. Add toasted walnuts, toss and serve.

