

Kale Quinoa Salad

2 cups water
1 cup quinoa, rinsed
4 T extra virgin olive oil, divided
1/2 red onion, diced
2 Roma plum tomatoes, diced
2 cloves fresh peeled garlic, chopped
2 cups finely chopped kale, stems removed
2 T fresh parsley, chopped
Sea salt and freshly cracked pepper to taste

In a medium saucepan, combine water and quinoa. Bring to a boil, then reduce heat to a simmer and cook quinoa 10 minutes or until quinoa is tender. Remove from heat, drain off any remaining water and cool.

In a medium skillet, 2 tablespoons olive oil over medium-high heat. Add the chopped onion and cook 2 minutes. Stir in diced tomatoes and chopped garlic and cook for 2 more minutes before adding the chopped kale and stir. Remove from heat.

Transfer quinoa to a large bowl. Toss with remaining 2 tablespoons extra virgin olive oil. Add kale mixture and toss. Sprinkle with parsley and season with sea salt and pepper to taste. Serve immediately. Makes: 4 1/2 cups.

By Garden Chef Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN