

# Quinoa Kale Salad with Ginger Kumquat Dressing

## **Salad Ingredients:**

- 1 bunch of Kale, washed, leaves stripped from stems, and torn into bite sized pieces
- 3 medium Persimmons, washed and cubed
- 1 medium Avocado, diced
- ½ cup dry Quinoa, cooked in 1.5 cups water
- \*Option to use: ¾ cup dry Quinoa instead of ½ cup

## **Dressing Ingredients:**

- 4-5 medium Kumquats
- 2 tbsp fresh Ginger, grated
- 3 tbsp White Vinegar
- 1 tbsp Agave Nectar
- \*Option to add: 2 tsp Canola, Grape seed, or Avocado oil

## **Directions:**

Place dry quinoa and water in a small pot, cover, bring to a boil, and reduce to simmer for 20 minutes. While the quinoa is cooking, prepare kale, persimmons, and avocado and place them in a large bowl. In a small blender or food processor, combine all dressing ingredients and blend until smooth. Taste dressing and modify to your liking. Pour dressing over kale, persimmons, and avocado, mix well so that dressing is evenly coating the salad. Allow quinoa to cool for 5 minutes after cooking, then add to salad and mix well. Enjoy! Makes 3 servings.

<b>Nutrition Facts</b>	
Serving Size (279g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 340</b>	<b>Calories from Fat 110</b>
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% Daily Value*	
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 53g</b>	<b>18%</b>
Dietary Fiber 11g	<b>44%</b>
Sugars 9g	
<b>Protein 10g</b>	
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Vitamin A 310%	• Vitamin C 260%
Calcium 20%	• Iron 25%
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
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Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	