Kale and Quinoa Salad
From – Weis Healthy Bites

½ cup dry quinoa
8 cups kale, stems removed and chopped
1 tart apple, cored and thinly sliced
1 orange, peeled and sectioned
2 radishes, thinly sliced
½ cup feta cheese crumbles
¼ cup golden raisins
¼ cup sliced almonds
½ cup fresh squeezed orange juice
2 tsp orange zest
2 cloves garlic, minced
¼ tsp salt
¼ tsp pepper
1 Tbsp balsamic vinegar
1 Tbsp olive oil

• Cook quinoa according to package instructions.
• In a small bowl, combine orange juice, orange zest, garlic, salt, pepper, and balsamic vinegar. Stream in the olive oil while continuously whisking until blended.
• In a large bowl, combine kale and 2 Tbsp of the dressing. Using both hands, massage the kale leaves by squeezing and rubbing them together until they are bright green and tender, about 1-2 minutes.
• Top kale with cooked quinoa, apple, orange, radishes, feta cheese, raisins, and almonds.
• Plate salads and drizzle each with remaining dressing.

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