



KID FRIENDLY QUINOA SALAD

MACROS | SERVING SIZE
Protein 16 g | Fat 27 g | Carbs 72 g

% CALORIES OF MACROS | SERVING SIZE
Calories 560 | Protein 9 % | Fat 42% | Carbs 50 %

NUTRIENTS | SERVING SIZE
Fiber 9 g | Sodium 466 mg | Sat. Fat 5 g

INGREDIENTS (SERVES 4)

- 1 cup dry quinoa, rinsed
- 1 ¾ cup water
- 1 bunch of fresh kale ribs removed, washed and chopped to yield 2.5-3 cups leaves
- 1 large granny smith apple, cored, cubed
- ½ cup dried cranberries
- ¼ cup chopped walnuts or almonds or a mix
- 3 tbsp. extra virgin olive oil (divided)
- 2 tbsp. balsamic vinegar
- 1 tbsp. lemon juice
- ½ tsp. garlic powder
- ½ tsp. salt
- ½ tsp. pepper
- 1/4 th cup shredded cheddar cheese
- 8-10 fresh basil leaves, sliced in slivers (optional)

DIRECTIONS

Gently rinse the quinoa in cold water until the water runs clear and then cook according to package directions.

Meanwhile, in a large bowl, place the prepared kale leaves and drizzle with 1 tbsp. of the olive oils. Toss gently with hands while applying just a little pressure to the leaves. (this is massaging the kale). Add remaining oil, vinegar, lemon juices and dried spices to a container with a lid and shake vigorously.

Once the quinoa is cooked, fluffed and cooled to just over warm, add it to the kale and toss. Add the remaining dry ingredients and toss. Drizzle with the dressing and toss. Serve immediately or let cover and let the flavors blend for a few hours.

NOTES

To make this salad more filling, consider adding 3-6 oz. of grilled chicken breast or thinly sliced grilled steak. Consider switching up the apple for pineapple, strawberries, or peaches. The longer this salad sits, the more the flavor blends. Make a big batch and use it for office lunches or a quick snack for the kids.

For generations, assessments of the American diet by researchers continue to show one constant finding: Our diet is lacking in fruits and vegetables. For years, our food guidance systems such as the previous Food Pyramids and now MyPlate focus on produce, be it fresh, frozen, and/or canned is an important part of building an optimal eating pattern.

In the current food guidance system, MyPlate, produce is grouped into sub-groups based on color because each color tends to provide a key nutrient. Consuming a variety or “Aiming for the Rainbow” per say, will assist in assuring adequate intake of vitamins, minerals, and other phytonutrients that our bodies need.

Although, most Americans will agree a diet high in produce is a great tactic to keep the waistline in check, it is important, and perhaps more so, to view adequate and a variety of produce consumption as key in providing the body what it needs to carry out its many functions, assist with wound healing, maintaining the immune system, protecting against cancers, and fighting off the free radicals that aid in premature aging.

One great way to increase the consumption of produce is to add items in small pieces to casseroles and salads. Fruit added to salad, will increase fiber and variety of nutrients.

This meal has 3 different colors of produce. Is there another color of produce that you could add?

DIETITIAN TIP

Keep your salad dressing loaded with nutrition by making it at home and using a healthy fat such as extra olive virgin oil. Experiment with different spices, herbs, mustards and vinegars. Yummy dressings are just a bowl and a whisk a way and only take a few minutes.

For more recipes and nutrition education information visit COMMISSARIES.COM/HEALTHY-LIVING

