

QUINOA KALE & GOAT CHEESE SALAD

INGREDIENTS

- 3/4 C** Quinoa
- 1 1/2 C** Vegetable stock **OR** Water
Salt & black pepper (to taste)
- 1 bunch** Kale (Tuscan) (remove & throw away ribs)
- 1/4 C** Pomegranate seeds
- 2 T** Olive oil (extra-virgin)
- 1 clove** Garlic (thinly sliced)
Juice of 1 lemon
- 1/4 C** Goat cheese (aged) **OR** Parmesan (shaved) (optional garnish)



DIRECTIONS

- 1 Rinse quinoa a few times in cold water
- 2 Bring broth **OR** water to a boil in a covered medium size pot & add the quinoa
- 3 Cover the pot & reduce the heat to a simmer
- 4 Cook for 15-20 minutes until the quinoa is fluffy & cooked thru
- 5 After it sits (5 minutes) fluff with a fork & then transfer to a bowl & allow to cool
- 6 Season with salt & pepper (to taste)
- 7 Finely chiffonade the kale leaves & place in a separate bowl
- 8 Add the pomegranate seeds, olive oil, garlic & lemon juice & mix thoroughly
- 9 Stir in the quinoa & season with salt & pepper to taste
- 10 Divide into 4 salad bowls & garnish with the shaved goat cheese **OR** parmesan

NOTES

Serves 4

