

Superfood Kale Quinoa Salad with Blueberries, Edamame and Orange Vinaigrette

For salad:

- ➲ 10 oz of curly kale, stiff stems removed
- ➲ 2 cups thinly shaved red cabbage
- ➲ 1½ cups fresh blueberries
- ➲ 1 cup cooked quinoa
- ➲ 1 cup chickpeas
- ➲ 1½ thawed shelled edamame
- ➲ 1 cup julienned carrots
- ➲ 1½ cups thinly shaved mushrooms
- ➲ 1 sliced avocado
- ➲ 1 cup sliced toasted almonds
- ➲ 5 radishes, thinly sliced

For vinaigrette:

- ➲ ¼ cup freshly squeezed orange juice
- ➲ 1 tablespoon honey
- ➲ 2 tablespoons white balsamic vinegar
- ➲ ¼ cup olive oil
- ➲ kosher salt and fresh cracked pepper to taste

Serves 4-6

Directions:

***If you have a food processor, it helps in the preparation of this salad, but it is not essential.*

1. Prepare quinoa according to package directions. This can be done ahead of time or use leftover quinoa.
2. Place Kale in processor and pulse in batches to chop (this can also be done by hand) so the kale is in small pieces, but not too fine.
3. Place kale in salad bowl.
4. Attach the slicing blade to your processor and set it on the thinnest setting. Slice mushrooms and add to salad bowl. Do the same with the cabbage or shave with a hand slicer if you prefer.
5. Add remaining salad ingredients to your bowl.
6. Combine ingredients for your dressing, adding oil last and pouring it in slowly as you whisk so it will emulsify. Season with salt and pepper.
7. Pour dressing over salad and serve.

