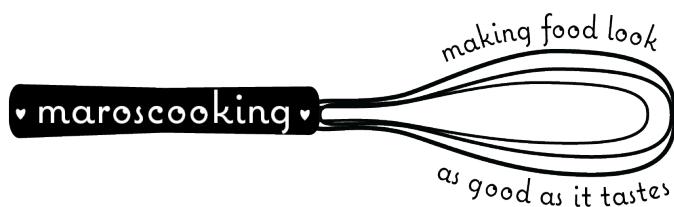


Massaged Kale Salad

with Blood Oranges, Shaved Fennel and Red Quinoa

Ingredients to serve 2-4:

- ☞ 15 ounces kale, hard stems removed
- ☞ 5 ounces baby kale leaves
- ☞ 1 fennel bulb, thinly shaved
- ☞ 2-3 blood oranges, peeled, pith removed and sliced crosswise
- ☞ 1/2 cup red quinoa
- ☞ 1 1/2 cups vegetable broth
- ☞ 1/2 cup pomegranate arils
- ☞ Reserved fennel fronds, optional garnish
- ☞ 3 tablespoons olive oil, divided
- ☞ juice of 1 squeezed lemon
- ☞ kosher salt and freshly cracked pepper



Directions:

Prepare quinoa by heating 1 tablespoon of oil in a small saucepan, heat to medium and add quinoa, stirring constantly so quinoa begins to crackle and roast (about 3 minutes).

Add vegetable broth, bring to a boil and simmer quinoa covered for 15-20 minutes until liquid is absorbed. Remove from heat and allow quinoa to cool completely (about an hour) before adding to salad.

Take kale greens a handful at a time, and rub the leaves together for 15 seconds or so until greens begin to turn a dark green in color and tenderize. Continue this process until you have massaged all the kale.

Place massaged leaves in a large serving bowl. Toss in prepared quinoa. Top decoratively with sliced blood oranges and shaved fennel. Garnish with pomegranate and fennel fronds.

Just before serving, season with salt and freshly cracked pepper. Distribute lemon juice on salad and drizzle remaining olive oil on salad and serve immediately. Enjoy!