
Protein Kale Salad

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 2

Ingredients:

Salad:

- 1 cup cooked quinoa
- 4 cups kale, shredded (dino or curly)
- 1/4 cup sunflower seeds
- 1/4 cup hemp seeds
- 1/2 of red bell pepper, diced
- 1/2 cup seedless grapes, sliced in half
- 1/4 cup grated parmesan or nut parmesan

Dressing:

- 2 tsp minced shallot
- 1 small garlic clove, minced
- 1 tbsp honey or maple syrup
- 2 tbsp balsamic vinegar
- 2 tbsp lemon juice
- 1/2 tsp lemon zest
- 1/4 cup extra-virgin olive oil
- 1/4 tsp salt
- pinch black pepper

Instructions:

1. Mix all the dressing ingredients together and set aside. Taste and adjust for seasoning.
2. Mix the dressing into the shredded kale and let the kale soak up the dressing. Then add in the quinoa, seeds and mix. Taste to check if it needs more dressing. Then add most of the bell pepper and grapes, keeping some for garnishing the top of the salad.
3. Transfer the mixed salad to the serving bowl. Top with the remaining bell pepper and grapes. Sprinkle on the parmesan.