**Quinoa & Kale Salad**

1 cup Quinoa, cooked and chilled   
(Rinse quinoa in warm water a few times before cooking  
 to remove it’s natural bitter coating.)

1 large bunch of fresh Kale

1 -16oz can of Chic peas, drained

1/3 cup Craisins

1 bunch of fresh parsley, chopped

6 oz Feta cheese

Dressing:

¼ c. Lemon Juice

3 Tbsp Olive Oil

1 tsp Cumin

1 tsp Salt

½ tsp pepper or chili powder

Remove ribs and tough stems from Kale and tear into 1” to 2” pieces.  Add dressing to kale and “massage” it with your hands until it is thoroughly coated and kale is wilted. Add remaining ingredients. Serve cold.  This makes a big salad, but it keeps a few days in the fridge.

(You can make a summer salad in a similar fashion.  Use the Quinoa & Kale.  Add fresh diced tomatoes, corn, cooked lentils, chopped garlic & basil.  Use an oil and vinegar dressing.

**Compliments of Ellen Ashley, Garden Happy!** [**www.learntogarden.net**](http://www.learntogarden.net)