

Recipe for

KALE + QUINOA SALAD

EQUIPMENT NEEDED Large salad/mixing bowl, tongs/fork/spoon,
cutting board, knife, strainer, possible: zip lock bag or rolling pin

SERVES 6 ESTIMATED COST \$15 COST PER SERVING \$2.50

INGREDIENTS

- 2 cups water
- 1 pinch salt
- 1 cup quinoa, rinsed
- 1 bunch (4 cups) kale (or other greens), washed and dried, chopped
- 1 1/2 cups red grapes, halved
- 1 cup pecans or walnuts, chopped or crushed
- 1 ea 15oz can corn, drained and rinsed
- 1 ea 15oz can black beans, drained and rinsed
- 1 tsp onion powder
- 2 tbsp balsamic vinegar
- 3 tbsp honey
- To taste, salt and pepper
- Optional Toppings: everything bagel seasoning, hemp seeds

METHOD OF PREPARATION

1. In a pot, add water and bring to a boil. Add a pinch of salt to the water, and turn the temperature down to medium-low. Add quinoa and cover.
2. Cook quinoa, stirring occasionally.
 - a. It should take approximately 12 mins to cook (make sure there is enough liquid in the pot to prevent frying).
 - b. Turn the stove off and allow it to cool.
3. In your mixing bowl, add kale, yellow pepper, grapes, nuts, and beans. Mix ingredients with a spoon.
 - a. TIP: If you have whole nuts, place them in a sandwich bag and smash them with the bottom of a canned food or with a rolling pin.
4. Add onion powder, balsamic vinegar, honey, and cooled quinoa. Mix together.
5. Top with toasted or black sesame seed and serve on your salad plate or bowl, or next to your favorite entree. Enjoy!

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NUTRITION INFORMATION

Kale + Quinoa Salad		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	351.1	
% Daily Value*		
Total Fat	11.3 g	14 %
Saturated Fat	1.2 g	6 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	314.1 mg	14 %
Total Carbohydrate	57 g	21 %
Dietary Fiber	10.7 g	38 %
Total Sugars	24.2 g	
Added Sugars	0 g	0 %
Protein	10.4 g	
Vitamin D	0 mcg	0 %
Calcium	131.9 mg	10 %
Iron	3.5 mg	19 %
Potassium	703.7 mg	15 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ALL ABOUT KALE + THE BRASSICACEAE FAMILY

They are filled with micronutrients, vitamins, minerals, antioxidants, carotenoids, glucose plates, polyphenols, reduce inflammation, vitamin A, K, C, folate, potassium, calcium, magnesium, dietary fibers, prebiotic carbohydrates and phytochemicals to fight against radical cells.



HEALTH IN HONEY

Honey can exert several health benefits effusive: antioxidant, anti-inflammatory, antibacterial, anti diabetic, respiratory, gastrointestinal health, promote cardiovascular health, and nervous system protector. Used for a variety of disease: eye disease, asthma, throat infections, tuberculosis, thirst/hiccups, fatigue, dizziness, hepatitis, constipation, worm infestations, files, eczema, healing of ulcers, traditional medicine wound healer

Recipe provided by LA Dixon

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