Superfood Recipe: Quinoa Salad

Ingredients

- 1 cup quinoa
- 1 1/2 cups water
- 2 packed cups kale, chopped into bite-sized pieces
- juice of 1 lemon
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1 cup pomegranate seeds
- 1 Haas avocado, chopped
- 1/2 cup onion, minced
- 1/4 cup additional olive oil

Cooking Directions

1. Cook the quinoa in the water. I made mine in the rice cooker, but you can also do it on the stove. To cook quinoa on the stove, put the quinoa and water in a 2 quart pot and bring to a boil. Lower the heat and simmer for 15 minutes. When the quinoa is cooked, transfer to the large bowl that you’ll be serving your salad in.
2. Meanwhile in a separate bowl, combine the kale, lemon juice, olive oil, and salt. Get in there with your hands and massage the kale so it’s well coated, and set it aside to wilt for at least 10 minutes.
3. When the quinoa has cooled, transfer the kale mixture, pomegranate seeds, avocado, onion, and additional olive oil to the bowl with the quinoa, and toss well. You can serve immediately or make this salad a day ahead and refrigerate overnight.