

# Kale and Quinoa Medley

## Ingredients

- 1/2 cup quinoa
- 1/3 cup water
- 1/2 lb kale
- 2 tsp garlic, minced
- 3 tsp vegetable oil
- 1/8 tsp kosher salt
- 1/8 tsp pepper
- 4 tsp lemon juice
- 1 tsp mustard
- 1 tsp honey
- 1/3 cup carrots, chopped

## Notes

**Number of Portions:** 4

**Serving Size:** 1/2 cup

**Nutrition Facts:** 127 calories, 5.16 g fat, 0.7 g saturated fat, 113 mg sodium, 17.24 g carbohydrate, 3.73 g fiber, 2.6 g sugar, 4.24 g protein

## Directions

1. Rinse quinoa with cold water. Drain well.
2. In a large pot, combine quinoa and water, cover, and bring to a boil. Reduce heat and cover until water is absorbed.
3. Chiffonade kale and place in a large bowl. Add garlic and drizzle oil over kale. Using your hands, toss the kale and oil together until thoroughly combined and the kale is well coated in oil.
4. Place the kale on a 18 x 13 inch tray, spreading it out evenly over the entire pan. Cook for 10 minutes at 350° F.
5. In a large bowl, combine all other ingredients with the cooked quinoa, kale, and carrots.