

Green Salad

Servings: 4

RECIPE BOX

INGREDIENTS

3 CUPS TORN KALE (STEMS OPTIONAL)
1/2 CUP COOKED QUINOA
1 GREEN APPLE, DICED
1/2 ENGLISH CUCUMBER, DICED
1/22 CUP TOASTED PEPITAS (ANOTHER
NAME FOR PUMPKIN SEEDS)
1 CUP SHAVED PARMESAN (OR ANY CHEESE
OF CHOICE)



DRESSING:

1 CLOVE GARLIC
1 TBSP DIJON
1 TBSP HONEY
JUICE OF ONE LEMON
1/3 CUP EVOO OR AVOCADO OIL

DIRECTIONS

STEP 1: In a large bowl combine kale, quinoa, apple, cucumber, pepitas and cheese.

STEP 2: Combine ingredients for dressing in the food processor and puree until smooth.

STEP 3: Pour dressing on salad and toss to combine.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 469, Fat 32.7g, Carbs 33g, Fiber 4.9g, Sugars 6.4g, Protein 14.1g

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