



Webinar Series Recipes

Massaged Lemon Kale Quinoa Salad

Serves 4

- 1 garlic clove, finely minced
 - 1 tablespoon extra virgin olive oil
 - 3 tablespoons fresh lemon juice
 - ¼ teaspoon lemon zest
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 5 oz curly kale leaves, stems removed
 - 1 ½ cups cooked quinoa
 - ¼ cup chopped nuts of your choice, preferably toasted
 - 2 tablespoons fresh mint (optional)
 - ¼ cup (about 1 oz) crumbled feta, or other crumbly cheese like cotija
1. In a small bowl, combine the garlic with oil, lemon juice, lemon zest, salt, and pepper, and mix well to combine.
 2. Place kale leaves in a large mixing bowl and drizzle lemon dressing over the top. Using your hands, squeeze the kale, “massaging” it with the dressing for 2-3 minutes or until the kale is tender.
 3. Allow the kale to sit for a few minutes, then toss with your remaining ingredients and serve.

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