



## From the Kitchen of Executive Chef Jessica VanRoo



### Massaged Lemon Kale Quinoa Salad

Serves 4

#### Ingredients

- 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

#### Instructions

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.