

ABBY RICHEY'S KALE QUINOA SALAD

"This was a recipe we often used while I worked at the Sparrow Hospital Demonstration Kitchen. It was always a crowd pleaser at the hospital demos and now one my family enjoys as well."

Sparrow Hospital Demonstration Kitchen

Featured Food: Abby's Recipe

Yield: serves 10

Ingredients

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| 1 cup tri-colored quinoa, cooked | ¼ cup extra virgin olive oil |
| ¼ cup white balsamic vinegar | 4 cups chopped fresh kale leaves |
| 1 clove garlic, minced | 1/3 cup dried cranberries |
| ½ T Dijon mustard | 2 T sunflower seeds |
| ½ T honey | 3 oz package reduced-fat crumbled feta cheese |
| 1 T chopped fresh parsley | |
| ¼ t ground black pepper | |

Preparation

Cook quinoa according to package directions. Allow to cool completely.

Whisk together vinegar, garlic, mustard, honey, parsley and pepper in large salad bowl. Drizzle in olive oil slowly until completely combined.

In the same bowl, toss together kale, cranberries, sunflower seeds, feta and cooled quinoa until coated with dressing.