

# Warm Kale and Quinoa Salad



A warm salad made with kale, quinoa, carrots, radish, and seeds, then drizzled with a delicious lemon tahini dressing.

<b>Course</b>	Salad
<b>Cuisine</b>	American
<b>Keyword</b>	easy, high protein, vegan
<b>Prep Time</b>	20 minutes
<b>Cook Time</b>	5 minutes
<b>Total Time</b>	25 minutes
<b>Servings</b>	4 main dish salads
<b>Calories</b>	528kcal
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## Ingredients

### Kale and Quinoa Salad

- 1 bunch kale ribs removed, chopped
- Coarse kosher salt
- 1 teaspoon olive oil
- 2 cup cooked quinoa
- 3 carrots julienned
- 1 red bell pepper julienned
- 1/4 cup sunflower seeds
- 1/4 cup pepitas
- 4 radish julienned
- 1/2 cup fresh cilantro chopped
- 1 avocado sliced (optional)

### Lemon Tahini Dressing

- 1/3 cup olive oil
- 1/3 cup lemon juice
- 2 tablespoons tahini
- 2 teaspoons maple syrup
- 1 clove garlic pressed
- 1/2 teaspoon ground cumin
- 1/4 teaspoon coarse kosher salt

- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper flakes

## Instructions

### Make the dressing

1. In a small bowl or jar, whisk together dressing ingredients until smooth. Taste and adjust seasonings.

### Make the salad

1. Sprinkle kale with salt and drizzle with 1 teaspoon olive oil. Using your hands, massage until dark.
2. Heat 1 teaspoon olive oil in a large skillet over medium heat. Add the kale, quinoa, carrot, red bell pepper, and sunflower seeds. Cook, stirring frequently, for 5 minutes until the kale is slightly wilted. Remove from the heat and add the pepitas, radishes, and cilantro. Stir to combine.
3. Toss salad with half the dressing and serve drizzled with additional dressing, sliced avocado, a sprinkling of freshly cracked black pepper, and crushed red pepper flakes if desired.

## Notes

### Tips for customizing your kale quinoa salad

- Meat eaters can top with cooked shrimp, chicken, or salmon
- Add a handful of crumbled feta cheese
- Top with roasted chickpeas for additional vegan protein
- After cooking, top with thinly sliced apples
- Sprinkle with hemp hearts for even more plant based protein

## Nutrition

Calories: 528kcal | Carbohydrates: 40g | Protein: 11g | Fat: 39g | Saturated Fat: 5g | Sodium: 203mg | Potassium: 843mg | Fiber: 9g | Sugar: 8g | Vitamin A: 10243IU | Vitamin C: 72mg | Calcium: 79mg | Iron: 4mg

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