



Quinoa, Lentil & Kale Salad

2 servings
 25 minutes

Ingredients

1/2 cup Quinoa (dry, rinsed)
 1 cup Broccoli (chopped into small florets)
 2 cups Kale Leaves (finely chopped)
 2 tbsps Extra Virgin Olive Oil (divided)
 1/2 Lemon (medium, juiced)
 1/2 tsp Dijon Mustard
 Sea Salt & Black Pepper (to taste)
 2 cups Lentils (cooked)
 2 tbsps Fresh Dill (chopped)
 2 tbsps Pumpkin Seeds (toasted)

Nutrition

Amount per serving	
Calories	385
Fat	14g
Carbs	49g
Fiber	14g
Sugar	3g
Protein	19g
Cholesterol	0mg
Sodium	32mg
Vitamin A	907IU
Vitamin C	46mg
Calcium	92mg
Iron	7mg
Selenium	8µg

Directions

- 1 Cook the quinoa according to package directions. Set aside.
- 2 Meanwhile, set the broccoli and the kale in a steamer basket over boiling water and cover. Steam for about five minutes or until tender. Set aside.
- 3 Whisk together the oil, lemon juice, and mustard. Season with salt and pepper. Set aside.
- 4 Place the quinoa, lentils, broccoli, kale, dill, and pumpkin seeds in a large bowl. Add the dressing and mix to coat.
- 5 Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Best enjoyed at room temperature or cold.

Serving Size: One serving is approximately two cups.

Additional Toppings: Feta cheese and/or green onions.