

# KALE AND RED QUINOA SALAD WITH SESAME DRESSING

Preparation: **10** minutes | Cooking: **15** minutes | Servings: **4**

## INGREDIENTS

*1 pound kale, chopped*      *Kosher salt*  
*1 clove garlic, minced*      *Freshly ground*  
*1 cup red quinoa*              *black pepper*  
*1/2 cup freshly chopped*  
*cilantro, divided*  
*1/2 cup red wine vinegar*  
*1/4 cup sesame oil*  
*1/4 cup extra virgin*  
*olive oil*  
*1/4 cup thinly sliced*  
*red onion*  
*1 tablespoon sesame*  
*seeds, plus more*  
*for garnish*  
*2 teaspoon honey*



## INSTRUCTIONS

Cook quinoa according to package instructions. In a mixing bowl, add sesame seeds, garlic, 1/4 cup cilantro, red wine vinegar, sesame oil, olive oil and honey, and season with salt and pepper. In a large mixing bowl, toss together kale and half of dressing. Massage kale with your hands for 2 minutes. Add onion, remaining 1/4 cup cilantro, quinoa and more dressing, if desired. Garnish with sesame seeds and serve.