



Fall Kale and Quinoa Salad

INGREDIENTS

- 2 cups water
- 1 cup quinoa
- 1 bunch kale trimmed of stems and cut into small pieces
- ¼ cup olive oil
- 2 ½ tablespoons fresh lemon juice
- 1 ¼ teaspoons Dijon mustard
- 2 small garlic cloves minced
- Salt and pepper to taste
- 1/2 cup lightly packed chopped Italian parsley
- 1 cup toasted pine nuts
- ¾ cup dried apricots, cut julienned
- ½ cup of your choice raisins, currants, dried cranberries or dried cherries
- 1 cup Feta cheese crumbles

DIRECTIONS

1. Bring water to a boil, stir in quinoa, reduce heat to simmer and cook until water is absorbed.
2. Take pot off the heat and let quinoa stand covered till cool. Fluff quinoa with a fork.
3. While the quinoa is cooling place the kale in a stainless steel bowl and add next five ingredients and mix well.
4. Taste for seasonings then add cooled quinoa and then the rest of the ingredients. Toss well and place in a bowl.

Serves 6-8

Wild Thyme Deli & Café and Michael's Catering are owned and operated by well-known chef Terry Teplitzky.

