

KALE, QUINOA, & SQUASH SALAD

INGREDIENTS 1 cup quinoa 3 large handfuls of kale 1 pack of cubed butternut squash
sundried tomatoes 2 tbsp grapeseed oil

 25 minutes 6 portions

INGREDIENTS

- 2 cups of kale
- 1 cup of quinoa, cooked [185 g]
- 2 cups, cubes of squash, winter, butternut, raw [280 g]
- 1 cup of tomatoes, sun-dried [54 g]

COOKING METHOD

- 1^o Bring 2 cups of water to boil, add 1 cup quinoa, cover & let simmer 20 minutes. Meanwhile, place a large skillet over med-low heat, add oil, tomato, & diced butternut squash. Cover & let cook 20 minutes or until fork tender. Next add your kale to a food processor or blender & shred. Add shredded kale to skillet & let cook additional 3-4 minutes. In a large bowl add cooked quinoa, butternut squash, & kale. Mix together, sea salt to taste, & enjoy!

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (126 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 76 kcal | 95 kcal | 5 % |
| FAT | 1 g | 1 g | 2 % |
| FATTY ACIDS, TOTAL SATURATED | 0 g | 0 g | 1 % |
| CHOLESTEROL | 0 mg | 0 mg | 0 % |
| SODIUM | 16 mg | 20 mg | 1 % |
| CARBOHYDRATE | 15 g | 19 g | 6 % |
| SUGARS | 4 g | 5 g | — |
| FIBER | 4 g | 4 g | 18 % |
| PROTEIN | 3 g | 4 g | — |