



Cranberry Apple Quinoa Salad

Yield: 6 Servings

Cost Per Serving: \$1.35

Cook Time: 20 minutes

Ingredients:

- 1 ½ cup water
- ¾ tricolor quinoa (rinsed and drained)
- ½ cup dried cranberries
- 1 large bunch curly kale or spinach (roughly chopped)
- 1 tsp salt
- 2 medium unpeeled apples (chopped)
- ¼ small red onion (thinly sliced)
- 1/3 cup toasted walnuts (roughly chopped)
- 2 oz crumbled feta
- 1 Tbsp Dijon mustard
- 1 Tbsp olive oil
- 1 Tbsp honey
- 1 lemon (juiced)

Directions:

1. In a medium saucepan over high heat, bring water to a boil. Add quinoa and reduce heat to medium. Cover and simmer until water is absorbed and quinoa is softened, about 15 minutes. Remove from heat. Fluff with a fork, cover and let steam 5 minutes.
2. Meanwhile, place kale in a large bowl; season with 1 teaspoon salt. Massage kale with your hands to combine, about 1 minute. Add quinoa, cranberries, apples, onion, walnuts, and feta to kale and toss to combine.
3. In a small bowl, whisk mustard, oil, honey, and lemon juice.
4. Pour dressing over salad and toss to combine.