



Kale, Quinoa, and Cherry Salad

Makes: 6 Servings

Ingredients

- 3 tablespoons** extra-virgin olive oil
- 3 tablespoons** cider vinegar
- 1 tablespoon** honey
- 2 teaspoons** Dijon mustard
- 1/4 teaspoon** black pepper
- 1/4 teaspoon** Kosher salt
- 2 1/2 cups** baby kale (6-ounce)

Nutrition Information

Nutrients	Amount
Calories	296
Total Fat	12 g
Saturated Fat	3 g
Cholesterol	7 mg
Sodium	369 mg
Total Carbohydrate	40 g
Dietary Fiber	5 g
Total Sugars	10 g
Added Sugars included	3 g
Protein	9 g
Vitamin D	0 mcg
Calcium	135 mg
Iron	3 mg
Potassium	527 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	1/4 cup
 Vegetables	1 cup
 Grains	1/2 ounce
 Dairy	1/4 cup

1 1/2 packages precooked quinoa and brown rice blend
(8.5 ounce)

3/4 cup fresh sweet cherries (pitted and halved)

2/3 cup chopped fresh flat-leaf parsley

1/3 cup thinly sliced shallots

1 can 15-ounce unsalted chickpeas (rinsed and drained)

2 ounces goat cheese (crumbled, about 1/2 cup)

Directions

1. Combine first 6 ingredients in a medium bowl. Combine 1 1/2 teaspoons oil mixture and kale. Place kale mixture on a platter. Stir quinoa blend, cherries, parsley, shallots, and chickpeas into remaining oil mixture. Top kale mixture with quinoa mixture and cheese.

Source: A First Lady's Favorite from Cooking Light