

RUSSIAN RED KALE & QUINOA SALAD

INGREDIENTS

½ Cup Quinoa
1 Cup Water
1 Bunch Russian Red Kale
(about 8-10 stems)
1 Tablespoon Butter
1 small Yellow Onion
2 Apples, peeled & diced
1 Tablespoon Hepp's
Cinnamon Sugar
1 2 Tablespoons Rice
Wine Vinegar
2 Tablespoons Olive Cold
Pressed Olive Oil
Salt & Pepper

DIRECTIONS

Bring Water to a boil and then add Quinoa, reduce heat and simmer, covered, for about 15 minutes.

Transfer cooked Quinoa to a baking sheet to cool.

Meanwhile, sauté Onions in Butter until lightly caramelized, and then add Apples.

Cook over medium-high heat until the Apples begin to become lightly browned.

Sprinkle in 1 Tablespoon Cinnamon Sugar and allow to melt and caramelize Onion & Apple.

Remove from heat.

Wash Kale thoroughly and remove the stems from Kale, discard.

Stack and then roll up the Kale leaves and chop into bite size pieces.

Combine all ingredients in a salad bowl and pour in Rice Wine Vinegar and Olive Oil and use tongs to coat well for a minute or so- leaves should begin to darken in color and wilt slightly.

Season to taste with Salt & Pepper.

Serve with Roasted Salmon, Grilled Chicken or Flank Steak!