Ingredients

To Prepare Salad:
1/3 cup – Dry Quinoa
About 6 oz. – Fresh Kale, washed
2 tsp. – Vegetable Oil
2 Medium – Granny Smith Apples, diced
About 1/2 cup (2 3/4 oz.) – Dried Craisins
(Cranberries)
1/4 cup – Walnut Pieces
10.5 oz. (about 2 1/2 cups) – Feta Cheese

To Prepare Dressing:
2 Tbsp. – Apple Cider Vinegar
1/4 cup – Salad Oil
1/2 tsp. – Minced Fresh Garlic
1 Tbsp. – Maple Syrup
1 tsp. – Dijon Mustard
1/2 tsp. – Curry Powder
1 tsp. – Iodized Salt
1 tsp. – Ground Black Pepper

Preparation

Step one:
Prepare quinoa according to package instructions. Set aside.

Step two:
Massage kale with oil.

Step three:
In a large bowl, toss quinoa, kale, apples, craisins, walnuts, and feta cheese together.

Step four:
In a small bowl, combine all dressing ingredients and mix until well combined.

Step five:
Add dressing to salad and gently toss before serving.