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FAVORITE RECIPE  
SERIES

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## APPLE, WALNUT, CRAISIN, QUINOA, & KALE SALAD

**Makes ten 4oz. portions**

### Ingredients

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#### ***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

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#### **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.