

# Kale and Quinoa Salad

From – *Weis Healthy Bites*

½ cup dry quinoa  
8 cups kale, stems removed and chopped  
1 tart apple, cored and thinly sliced  
1 orange, peeled and sectioned  
2 radishes, thinly sliced  
½ cup feta cheese crumbles  
¼ cup golden raisins  
¼ cup sliced almonds  
½ cup fresh squeezed orange juice  
2 tsp orange zest  
2 cloves garlic, minced  
¼ tsp salt  
¼ tsp pepper  
1 Tbsp balsamic vinegar  
1 Tbsp olive oil

- Cook quinoa according to package instructions.
- In a small bowl, combine orange juice, orange zest, garlic, salt, pepper, and balsamic vinegar. Stream in the olive oil while continuously whisking until blended.
- In a large bowl, combine kale and 2 Tbsp of the dressing. Using both hands, massage the kale leaves by squeezing and rubbing them together until they are bright green and tender, about 1-2 minutes.
- Top kale with cooked quinoa, apple, orange, radishes, feta cheese, raisins, and almonds.
- Plate salads and drizzle each with remaining dressing.



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