

KALE SALAD

INGREDIENTS

Large bunch of fresh kale, washed and chopped in small pieces

1& 1/2 cups of cooked and cooled quinoa

Pine nuts (you can use English walnuts to save expense)

Feta cheese (one container)

Dried cranberries (at least one cup)

DIRECTIONS

Mix all the ingredients together in a big tupperware with lid because this salad is great leftover the next day and you can shake it up this way as well. Add as much of the dressing ingredients as you like to taste.

DRESSING

INGREDIENTS

Juice of two or three lemons

Olive oil

Salt

Fresh Thyme (*I use an entire container because I love the taste, this makes the salad*)