

Kale-Quinoa Salad with Basil and Pistachios

This recipe is part of the Feast for the Eyes® collection

- 3 large leaves of curly kale, stems removed and leaves julienned
- 3 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon sea salt
- Freshly ground black pepper
- 1 cup cooked quinoa
- 1 avocado, pitted and cubed
- 1 cup packed arugula
- 1/4 cup pistachios
- 2 tablespoons currants
- 1 tablespoon each of fresh chopped parsley and basil



In a bowl, toss the kale with the olive oil, lemon juice, salt and pepper. Set aside for 5 to 10 minutes to soften the kale. Add the quinoa, avocado, arugula, pistachios, currants, parsley and basil and toss.

Nutritional Profile (*per serving*)

Serves 4

Calories: 277

Total fat: 22 g

Saturated fat: 3 g

Protein: 5 g

Carbohydrates: 18 g

Fiber: 6 g

Sugars: 2 g

Cholesterol: 0 mg

Sodium: 148 mg

Vitamin A: 602 IU

Vitamin C: 21 mg

Vitamin E: 4.5 IU

Zinc: 1.1 mg

Beta-carotene: 192 mcg

Lutein and zeaxanthin: 538 mcg

Omega-3 fatty acids: 0.1 g

Kale-Quinoa Salad Shopping List

- Curly kale
- Extra virgin olive oil
- Lemon for juicing or bottled lemon juice
- Sea salt
- Fresh black peppercorns for grinding (you'll need a grinder, or you can buy disposable, pre-filled grinders in the spice section)
- Quinoa
- Ripe avocado
- Arugula
- Pistachios
- Currants
- Fresh parsley
- Fresh basil