



Kale Salad

Recipe Source: From the Skye Cookbook, submitted by the Plane Family pg 24

Fresh from the garden: Kale and lemon

Equipment:	Ingredients:
Bowl	<ul style="list-style-type: none">• Half bunch chopped kale• 1/3 cup cooked quinoa• 1/3 cup chopped walnuts (at school we will not be using them)• 1/3 cup dried cranberries (or fresh pomegranate)• 1/3 cup pepitas seeds• 1/3 cup sunflower seeds• 1/2 cup crumbled feta
Spoon	
Chopping board	
Knife	
Measuring cups	
Measuring spoons	
Juicer	<p>Dressing</p> <ul style="list-style-type: none">• 1/3 cup rice bran oil• 1/4 cup lemon juice• 2 tablespoons honey• 1 ½ teaspoon Dijon mustard• 1/8 teaspoon salt

What to do:

Method:

1. Cook quinoa as per packet instructions and let it cool.
2. Mix the dressing ingredients into a bowl. Set it aside.
3. Wash and chop the kale.
4. Place all ingredients (except the dressing) into a bowl and mix.
5. Lastly add the dressing.