

QUINOA AND KALE PROTEIN POWER SALAD

Prep time: 10 minutes | Cook time: 20 minutes

4 Servings | Calories 485 | Protein 13 | Carbs 67 | Fat 19

Gluten-Free, Vegetarian

INGREDIENTS

Salad

- 1 cup quinoa, cooked
- 4 cups chopped kale, ribs removed
- 1 15 ounce can chickpeas (garbanzo beans), drained
- 4 clementine oranges, peeled and sliced halve wise
- ¼ cup dried cranberries
- ¼ cup slivered almonds

Dressing

- 3 Tbsp. olive oil
- 1 Tbsp. white wine vinegar
- Juice of 1 orange
- 1 tsp. garlic powder
- Salt and pepper, to taste

DIRECTIONS

1. In a large bowl, mix in all of the salad ingredients.
2. In a small bowl, gently mix the dressing ingredients until fully combined. Drizzle over the salad mixture and enjoy!

