

BLUEBERRY, WALNUT & QUINOA KALE SALAD



INGREDIENTS

- ½ cup uncooked quinoa
- 1 cup blueberries
- ⅓ cup pumpkin seeds
- ⅓ cup walnuts, chopped
- ¼ cup crumbled goat cheese
- 1 bunch kale, chopped
- 2 Tbsp Lemon Vinaigrette Dressing, divided



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DIRECTIONS

Rinse quinoa. Transfer to medium pot with one cup water. Bring to boil over high heat, then reduce to simmer. Cover and allow to cook for 15-18 minutes, or until liquid is absorbed.

While quinoa cooks, wash berries. Transfer to large bowl along with walnuts and goat cheese.

Wash and chop kale. Massage kale with 1 ½ tablespoons Lemon Vinaigrette until softened.

Transfer cooked quinoa to large bowl with berries, walnuts and goat cheese. Toss with remaining dressing.

Top kale with berry, walnut, quinoa and goat cheese mixture. Serve with an extra squeeze of lemon juice, if desired.



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LEMON VINAIGRETTE DRESSING

INGREDIENTS

1/3 cup extra virgin olive oil
2 Tbsp lemon juice
2 Tbsp maple syrup
1 tsp Dijon mustard
1 tsp minced garlic
Ground black pepper, to taste

DIRECTIONS

Combine all ingredients in mason jar. Shake vigorous to combine all ingredients. Store in refrigerator.



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