

# Kale Salad with Golden Turmeric Dressing

**Serving size:** 1 ½ cup salad; makes 4 servings

**Prep time:** 20 minutes

**Cook time:** 10 minutes

**Total time:** 30 minutes

## Ingredients

### SALAD

- ½ cup quinoa, rinsed
- 1 cups water
- ¼ cup golden raisins
- 4 cups baby kale
- Pinch of sea salt
- 3 green onions, finely chopped
- ¼ cup pine nuts, (can substitute sunflower seeds)

### DRESSING

- ¼ cup olive oil
- ½ lemon, juiced
- 1 teaspoon turmeric
- 2 Tbsp. agave
- ¼ teaspoon sea salt
- Pinch of black pepper



## Preparation

1. Combine the quinoa and 1 cup of water in a saucepan. Bring to a boil, cover, and reduce heat. Simmer for 8 to 10 minutes, until the quinoa is cooked through and all the water has been absorbed.
2. Remove saucepan from heat. Stir in the raisins and let sit for 5 minutes, covered.
3. While quinoa cooks, prepare the salad. Chop kale into, thin pieces and place in a large serving bowl. Sprinkle in a pinch of sea salt and stir in the green onion and pine nuts.
4. Once the quinoa and raisins have cooled, add the mixture into the serving bowl with the rest of the ingredients.
5. To prepare the golden turmeric dressing, whisk together olive oil, lemon juice, turmeric, agave, sea salt, and black pepper in a small bowl.
6. To serve, plate about 1 ½ cup of salad and drizzle golden turmeric dressing. Enjoy immediately or chill salad in the refrigerator before eating.

## Nutritional Information

### Per serving

Calories: 236

Total Fat: 17g

Saturated Fat: 2g

Cholesterol: 0mg

Total Carbohydrate: 24g

Dietary Fiber: 3g

Sugar: 8g

Protein: 5g

Sodium: 38mg

Potassium: 417mg

*Adjusted from:* <https://wellvegan.com>