

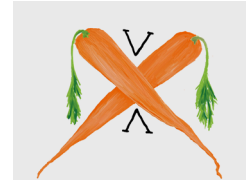
# SUMMER GARDEN QUINOA SALAD



SERVES: 4 AS A MAIN, 6-8 AS  
A SIDE

PREP TIME: 10 MINUTES  
COOK TIME: 15 MINUTES  
TOTAL TIME: 25 MINUTES

THE VARIANT VEGGIE



PLANT-BASED NUTRITION.

NEVER BLAND.

ALWAYS VARIANT.

## INGREDIENTS

- 1 cup quinoa, uncooked (yields approx. 3 cups cooked)
- 3-4 cups kale, destemmed and chopped
- 1/2 large cucumber, diced
- 2 cups cherry tomatoes, halved
- 1 cup corn, fresh or frozen
- 1-2 garlic cloves, minced
- 1/2 cup green onions, chopped
- 5-6 basil leaves, ribboned
- 1 lemon, juice and zest
- 5-6 TBSP extra virgin olive oil
- 1/2 tsp salt
- Fresh ground pepper to taste

## METHOD

Cook quinoa according to package instructions: add 1 cup quinoa and 2 cups water to a medium saucepan.

Bring to a boil, then simmer for 15 minutes, covered, or until water is absorbed and quinoa appears translucent and fluffy. Set aside to cool.

Add kale, cucumber, tomatoes, corn, garlic, onions, and basil to a large bowl. Fold in quinoa. Drizzle lemon juice, zest, EVOO, salt and pepper. Mix well. Enjoy at room temperature or refrigerate until ready to serve.

Will keep in the fridge for 3-4 days.

## NUTRITION:

Serving Size: 1/6 recipe (approx 1/2 cup)

Total Calories: 293 Total Fat: 16 g Sodium: 204 mg

Potassium: 440 mg Carbohydrates: 32 g Fiber: 5 g Sugar: 3 g Protein: 6 g

Vitamin A: 91% Vitamin C: 62% Calcium: 13% Iron: 21% (Percent Daily Value)