

## ***Kale, Quinoa and Couscous Salad (ME) from Urban Sacred Garden***



I am madly in love with Kale. It is true. I just can't help it. I have kept large bags of kale in my refrigerator for months now and I add it to everything imaginable. It is just that good. The nutritional benefits are an extra added boost and benefit. Given my recent holiday eating, a large batch of kale is just what my system needs. Think you don't like Kale? Try this tangy salad and you'll be surprised.

*Note: This recipe is designated "ME" for Mindful Eating and is generally lower in fat and calories than some of my other recipes. You can search for other mindful recipes in the navigation bar on my site under Food Love, Recipes and Mindful Eating.*

### **INGREDIENTS**

2 Cups Quinoa, Couscous or other grains or small pasta, cooked and cooled  
6 Cups Kale, deveined (large stems removed) and finely chopped  
1 Cup Cherry Tomatoes, halved  
1/2 Yellow Pepper, diced  
1/2 15 oz. Can of Garbanzo Beans, drained and rinsed

FOR LEMON VINAIGRETTE  
1 Large Lemon, zest and juice  
1/4 Cup Extra Virgin Olive Oil  
1 Clove Garlic, finely chopped  
1 Tbsp Fresh Ginger, grated  
Freshly Ground Sea Salt  
Freshly Ground Pepper

### **DIRECTIONS**

1. Cook Quinoa, Couscous or other grain or small pasta of choice according to package instructions. (I used a mix of Israeli Couscous, Red Quinoa and Orzo and added a little butter to the water while cooking.) Allow to cool once cooked.
2. While the grains are cooking, chop vegetables and place them in a large serving bowl.
3. In a food processor combine Lemon juice and zest, Olive Oil, Garlic, Ginger, Salt and Pepper. Start with small amounts of salt and pepper and add additional to suit your taste – salt will help balance the flavor.
4. Once seasoned, pour vinaigrette over vegetables. Toss with vegetables and allow to sit at room temperature for at least 30 minutes. Toss occasionally to thoroughly re-coat vegetables with vinaigrette, especially the kale.
5. Try to add cooked grains more closely to serving, as grains will soak up the vinaigrette over time, but if you have less prep time this salad will still be fine to sit with the grains for a couple of hours. It will still taste good refrigerated overnight, but will be more dry. You can always add a little more lemon juice and olive oil to brighten the flavor the next day.
6. Salt and Pepper salad to taste before serving. Enjoy!