

# Kale Quinoa SuperPower Salad



**FINALLY!!!!** Treat yourself to a delicious nutrient rich salad that combines the powerhouse duo kale and quinoa. Preparing this nutritious meal is easy and rewarding. Besides, it tastes so, so, so good! This recipe makes a huge bowl, and is a total crowd pleaser. Bring this yummy dish to a dinner party to share with friends, or make ahead as the perfect on-hand option for a daily snack, lunch or dinner.

## THE SUPERPOWERS OF SUPERFOODS

Like superheroes swooping in to save the day, superfoods are those that rescue our bodies from illness, nutritional deficiencies and the threat of obesity and disease. They are packed full of antioxidants, phytochemicals, vitamins, and minerals

### Salad:

- 1 cup dry Quinoa
- 2 cups water
- 1 bunch kale
- 1 bunch chard (red)
- 1 cup grape tomatoes - halved
- ½ red onion – chopped
- 1 pint fresh blueberries
- 1 orange, cut into wedges
- 1 bunch fresh mint leaves
- ½ cup walnuts – chopped

### Dressing:

- Juice of one lemon
- 1 clove garlic – chopped
- ¼ cup olive oil
- ¾ cup fresh blueberries

## Nutrition Facts

Serving Size 1 cup	
Serving Per Container 8	
<b>Amount Per Serving</b>	
<b>Calories</b> 198	Calories from Fat 76.5
<b>% Daily Values*</b>	
<b>Total Fat</b> 8.5g	<b>13%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Potassium</b> 591mg	<b>17%</b>
<b>Sodium</b> 122mg	<b>5%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 0g	
<b>Protein</b> 6g	<b>12%</b>
Vitamin A 47%	Vitamin C 97%
Calcium 10%	Iron 17%
Vitamin E 20%	Vitamin K 720%
Thiamin 18%	Riboflavin 18%
Vitamin B6 23%	Folate 14%
Phosphorus 23%	Magnesium 32%
Zinc 12%	Copper 84%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

**Kale:** spectacular source of vitamin K, a key nutrient for helping regulate and lower the risk of chronic inflammation; contains flavonoids including kaempferol and quercetin; a rich source of glucosinolates, which demonstrate cancer preventive properties, cholesterol-lowering ability

**Quinoa:** Although considered a grain, quinoa is in fact a seed from a vegetable. Since it is not associated to wheat or grain, it is a multifaceted gluten-free carbohydrate, with a low glycemic index (ideal for diabetics). While quinoa can be eaten in the same way as a grain, it has significantly greater amounts of both the amino acids lysine and isoleucine which allow the protein in quinoa to serve as a complete protein source

**Tomatoes:** a treasure of antioxidants and phytonutrients; loaded with lycopene, which is vital for bone health; plays a role in cardiovascular health and helps to maintain a healthy lipid profile

**Blueberries:** high levels of flavonoids and antioxidants are beneficial for the nervous system and brain function by protecting the brain from inflammation and boosting communication between brain cells; recent studies show improvement in memory; rich in manganese, which plays an important role in metabolism; promotes eye health by protecting the retina from oxidative damage

**Oranges:** One orange supplies more than 100% of the vitamin C needed in a day, preventing free radical damage and inflammation; a great source of fiber, shown to reduce cholesterol; rich in calcium and folate

**Walnuts:** include key phenols, tannins, and flavonoids that are essential for skin health; contain heart-healthy omega-3 fats; high amounts of alpha linoleic acid (ALA) improve a variety of cardiovascular functions, including reduced blood pressure and reduced inflammation and oxidation in the arteries; helps treat diabetes and obesity

*Bring quinoa and 2 cups of water to a boil in a medium pot; cover and reduce heat to a simmer. Cook for 15-20 minutes, until water has been absorbed. Remove from heat, place in a large bowl and cool to room temperature. Wash and dry kale and swill chard. Chop into bite-sized pieces and place in a large bowl. Add tomatoes, onion, and blueberries. Prepare salad dressing by combining all ingredients into a blender or food processor. Mix until creamy. Pour dressing over salad, toss to coat. Add cooled quinoa. Toss again. Garnish with oranges, mint and walnuts. (I would also suggest using pomegranate seeds when in season).*

### Resources:

- [www.whfoods.com](http://www.whfoods.com)
- <https://lpi.oregonstate.edu/infocenter>
- [www.quinoasuperfood.com](http://www.quinoasuperfood.com)