



Mexican Kale Salad

 **BRONSON**

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Serves 6-8

Ingredients

Salad

- 3 cups kale, coarsely chopped
- 1 cup quinoa
- 1 can black beans, rinsed and drained
- 1 cup red pepper, chopped
- 1 cup corn, fresh or frozen
- ¼ cup red onions, finely diced
- ¼ cup sunflower seeds

Dressing

- 1/3 cup olive oil
- 2 tablespoons lime juice
- ¼ teaspoon cumin
- Salt to taste

Directions

1. Cook quinoa according to package directions.
2. While quinoa is cooking, whisk olive oil, lime juice and cumin together in a large bowl. Add kale to dressing. Massage dressing into kale until kale begins to soften.
3. Once quinoa is done cooking, add quinoa and remaining ingredients to kale. Toss well to combine. Serve cold.

Nutrition information (per ½ cup) serving

282 calories, 13.3g fat, 1.6g saturated fat, 33.9g carbohydrate, 9.4g protein, 7.5g fiber, 157mg sodium