

# Rainbow Kale

## December Veggie of the Month

### Rainbow Kale & Quinoa Salad:

#### Ingredients

- ¾ cup quinoa uncooked; note 1
- 4 cups rainbow kale leaves packed
- 2 bell peppers diced
- ¼ cup red onion diced
- 1 pint tomatoes halved
- ¾ cup feta cheese crumbled

#### Vinaigrette

- 3 tablespoons olive oil
- 3 tablespoons white wine vinegar
- 1 tablespoons maple syrup
- 2 teaspoon lemon
- 2 cloves garlic minced
- ¼ teaspoon salt
- ¼ teaspoon dijon

#### Directions:

1. Cook quinoa - Cook quinoa according to package directions. Allow the quinoa to fully cool before assembling the salad.
2. Prepare Kale - While the quinoa is cooking, shred, wash, and dry the kale. Remove if from the stem and tear into bite-sized pieces. Soak in cold water, then drain. Dry well using a salad spinner. Take clean, washed kale, and massage in your hands for 2-3 minutes, until kale becomes soft and bright green
3. Vinaigrette - Shake vinaigrette ingredients together, including olive oil, white wine, maple syrup, lemon juice, garlic, salt, and dijon.
4. Combine - Assemble the salad ingredients including quinoa, kale, chopped bell peppers, cherry tomatoes, red onion, and feta cheese. Drizzle with the dressing, toss, and enjoy!

<https://sweetpeasandsaffron.com/kale-quinoa-salad/>

### Fun Facts:



- Kale is high in Vitamin K and Vitamin A!
- Studies have shown the antioxidants in Kale can protect you against chronic disease and even slow down cancer cells!
- Kale comes in many colors! Blue-ish green! White! Purple! Green!
- People have been growing kale for more than 2000 years!



#### Nutrition Facts:

Serving: 1.5 cups (note 5), Calories: 245kcal, Carbohydrates: 25g, Protein: 8g, Fat: 13g, Saturated Fat: 4g, Polyunsaturated Fat: 2g, Monounsaturated Fat: 6g, Cholesterol: 17mg, Sodium: 345mg, Potassium: 583mg, Fiber: 5g, Sugar: 6g, Vitamin A: 6444IU, Vitamin C: 105mg, Calcium: 235mg, Iron: 2mg

[https://www.healthline.com/nutrition/10-proven-benefits-of-kale#TOC\\_TITLE\\_HDR\\_3](https://www.healthline.com/nutrition/10-proven-benefits-of-kale#TOC_TITLE_HDR_3)  
<https://www.tastemade.com/articles/8-things-you-probably-didnt-know-about-kale/>