

Shaved Kale and Brussel Sprout Salad

Servings: 6

Prep Time: 20 minutes

Ingredients:

- 1 bunch Lacinto Kale (washed, stems removed and chopped small)
- 1/4-pound brussel sprouts (shaved or sliced thin)
- 1 cup cooked quinoa
- 1 cup cherry tomatoes (washed and halved lengthwise)
- 1/2 cup of cashews
- 1/2 cup dried cranberries (no added sugar)
- 1/4 cup olive oil
- 4 tablespoons balsamic vinegar
- 2 tablespoons apple cider vinegar
- 2 tablespoon Dijon Mustard
- 1 shallot (minced shallot)
- 1 tablespoon honey
- 1/2 teaspoon

Instructions:

1. In a small nonreactive bowl whisk olive oil, balsamic vinegar, apple cider vinegar, Dijon mustard, shallot, honey, salt.
2. In a large glass bowl toss chopped kale, brussel together. Add cooked quinoa, tomato, cranberry, and cashews. Toss with desired amount of dressing and serve.
3. Depending on your macro needs consider adding shredded chicken, goat cheese crumbles or blue cheese crumbles for a rich and hearty entree salad.

Notes:

Store leftovers without dressing to promote freshness.