

# Kale, Quinoa, and Blueberry Salad

## Ingredients:

- 1 bunch kale
- 1 cup quinoa, dry
- 2 cups blueberries
- 1 cucumber, chopped
- 1 avocado, chopped
- 2 beets, spiralized
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 6 tablespoons balsamic vinegar
- 1 1/2 cups fresh basil, finely chopped

## Directions:

1. Cook quinoa per package instructions, and let cool.
2. Combine all dressing ingredients to a small bowl. Set aside.
3. De-stem and add shredded kale to a large bowl. Pour dressing on the kale, and massage dressing into the kale. Refrigerate while preparing the rest of the ingredients to allow kale to soften.
4. Add the rest of the ingredients into the salad and serve. This salad is good for up to 3 days because the kale and beets will stay firm and soak in the dressing. Enjoy!

<b>Nutrition Facts</b>	
Serving Size 3/4 cup (184g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 25mg</b>	<b>1%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 8g	
<b>Protein 5g</b>	
Vitamin A 25%	• Vitamin C 35%
Calcium 6%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: vitamin-sunshine.com

