# 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!

**Nutrition Facts**

Serving Size 3/4 cup (184g)
Servings Per Container 8

**Amount Per Serving**

| | |
|---|---|
| **Calories** 240 | Calories from Fat 110 |
| | **% Daily Value*** |
| **Total Fat** 12g | **18%** |
| Saturated Fat 1.5g | **8%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 25mg | **1%** |
| **Total Carbohydrate** 28g | **9%** |
| Dietary Fiber 5g | **20%** |
| Sugars 8g | |
| **Protein** 5g | |

Vitamin A 25% • Vitamin C 35%
Calcium 6% • Iron 10%

*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 |
| 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*