

## KALE SALAD

### Ingredients

- 1 ½ cups of kale, ribs removed, chopped
- ½ cup of cooked quinoa
- ½ of an avocado, chopped
- ¼ Add the cup pomegranate arils

### Honey Mustard Vinaigrette

- 1 clove garlic
- 1 tablespoon Dijon mustard
- 1 tablespoon honey (or to taste)
- 3 tablespoons white wine vinegar
- ½ cup extra virgin olive oil
- Salt and pepper

### Instructions

Add the dressing ingredients to a food processor and process until smooth and emulsified, about 30 seconds. Set aside.

Add the kale to a bowl and massage it with your fingers for 30 seconds to tenderize. Stir in the cooked quinoa. Drizzle the kale and quinoa with half of the dressing and toss to combine. Top the dressed kale and quinoa with the chopped avocado. Sprinkle with the pomegranate arils and drizzle everything with the remaining dressing. Serve.

Note: I think I used less than half of the dressing from this recipe for the salad I served at Garden Club. The salad is supposed to be served with salmon and the excess dressing may be for the salmon.