



BERRY KALE SALAD

Makes 1 serving | Serving size: 5 cups

PREP TIME

10 min

COOK TIME

0 min

TOTAL TIME

10 min

This is a nutrient-packed salad with a little sweetness and a lot of crunch! Drizzled with a simple dressing that's sweet with a hint of spice, it's lower in calories and fat than your average, store-bought dressing.

Ingredients

- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 2 tablespoons freshly squeezed lemon juice
- 4 cups shredded kale, loosely packed
- ½ cup tri-color quinoa, cooked
- ½ cup blueberries
- ½ cup grapes, halved
- ½ ounce dry-roasted, unsalted pistachios, shelled



Directions

1. In a small bowl, mix honey, mustard, and lemon juice until combined.
2. In a large bowl, toss kale, quinoa, and dressing together.
3. Top with remaining ingredients.