

Blueberry Feta Quinoa Salad with Lemon Vinaigrette

A delicious and gorgeous salad that is chock full of good-for-you ingredients like kale, quinoa, blueberries, and pistachios, all tossed together in a simple and flavorful lemony vinaigrette. Serve as a main dish or side dish.

🕒 Prep: 30 minutes Total: 30 minutes

👤 Servings: 5 cups (8 servings)

1x	2x	3x
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INGREDIENTS

For the Salad:

- 1/2 cup uncooked quinoa
- 1 cup water
- 2 cups packed, chopped curly kale, ribs removed
- Pinch of salt
- 1 cup fresh blueberries
- 1/3 cup diced red onion
- 4 oz block feta cheese, crumbled (~1/2 cup)
- 1/3 cup roasted shelled pistachios
- 2 tablespoons chopped fresh basil

For the Vinaigrette:

- 3 tablespoons avocado oil or olive oil
- 3 tablespoons lemon juice (~1 lemon)
- 2 tablespoon finely diced shallots
- 2 teaspoon Dijon mustard
- 1 teaspoon honey or maple syrup
- 1/4 teaspoon fine salt

INSTRUCTIONS

1. Make the quinoa (this step can be done up to 2 days ahead of time). Rinse 1/2 cup uncooked quinoa in a fine mesh strainer under cold water. In a medium saucepan over high heat, bring 1 cup of water and the quinoa to a boil. Reduce heat to low; cover with a lid, and simmer for 10-15 minutes or until all water is absorbed. Remove from heat, let the quinoa sit for 5 minutes, covered, then fluff with a fork. Set aside to cool.
2. Make the vinaigrette (this step can also be done a day or two in advance). In a small bowl or mason jar with a lid, combine the oil, lemon juice, shallots, mustard, honey, and salt. Whisk or shake to combine well. Set aside or refrigerate until ready to use.
3. To make the salad, in a large bowl, place the chopped kale and a pinch of salt. Using your hands, massage the salt into the kale for 1-2 minutes or until kale leaves are slightly wilted. Then add

the cooled quinoa, blueberries, red onion, feta, pistachios, and basil. Drizzle the vinaigrette over top and toss to coat. Add additional salt to taste.

NOTES

Store leftovers in an airtight container in the refrigerator for up to 4 days

NUTRITION INFORMATION

Serving Size: 2/3 cup Calories: 176 Fat: 11 g (Sat Fat: 3 g) Sodium: 404 mg
Carbohydrate: 15 g (Fiber: 3 g Sugar: 5 g) Protein: 6 g Cholesterol: 13 mg

DIETARY

Egg-Free Gluten-free Vegetarian

© The Real Food Dietitians Recipe By: Stacie Hassing

Find it online: <https://therealfooddietitians.com/quinoa-kale-salad/>

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