

Build your own Kale Salad

Steps

1. Pick Your Base: Kale + Grain
2. Add a Protein
3. Pick Your Toppings

Possible Ingredients

Grains

Quinoa
Farro
Amaranth
Barley
**see cooking info below

Protein

Chicken, cooked
Cheese, shredded (e.g. mozzarella, cheddar, goat cheese)
Beans, cooked (e.g. garbanzo, kidney, black)
Nuts (e.g. almonds, walnuts, pine nuts)

Toppings

Peaches, sliced
Apples, sliced
Blueberries
Basil, chopped
Onion, sliced
Avocado, sliced
Bell Peppers, sliced
Carrots, sliced

Tip: Nuts can be toasted for an extra crunch!

Instructions

1. Prepare your grain**. Let cool.
2. Wash one bunch of kale and pat dry.
3. Destem the kale and chop into fine strips.
4. Combine the grains and kale in a large bowl.
5. Add your protein and toppings.
6. Toss with your choice of salad dressing until evenly distributed.

Grain Cooking Directions

To 1 cup of this grain:	Add this much water or broth:	Bring to a boil, then simmer for:	Amount after cooking:
Quinoa	2 cups liquid	12-15 min	3 cups
Farro	2 ½ cups liquid	25-40 min	3 cups
Amaranth	2 cups liquid	12-20 min	2 ½ cups
Barley	3 cups liquid	45-60 min	3 ½ cups

**Grain Cooking Directions (adapted from Oldways Whole Grains Council)

