



BRONX
EATS

KALE QUINOA APPLE SALAD BOWL

Recipe by Deborah Johnson, Nutrition Educator

SERVES: 2-4 PEOPLE

PREP/COOK TIME: 40 MIN

INGREDIENTS

- 1 bundle of Dino or Lacinato kale, chopped
- 1 medium roasted sweet potato peeled, diced
- 8 sprigs of cilantro, chopped
- 5 sprigs of parsley, chopped
- 1/2 red onion, diced
- 1/2 red, yellow, & green bell peppers, seeded and diced
- 1 Granny Smith apple, cored and diced
- 1/2 cup cooked quinoa

BALSAMIC VINAIGRETTE

- 1 tablespoon extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon of water
- 1 teaspoon brown sugar
- 1 teaspoon mustard
- salt & pepper to taste

**STEP 1: PREPARE SWEET POTATO**

1. Preheat oven to 350°F using a small rimmed baking sheet with parchment paper.
2. Place diced sweet potato on the baking sheet and drizzle olive oil, salt, & pepper.
3. Cook for about 30 minutes (or until soft), set aside to cool.

STEP 2: PREPARE THE QUINOA

1. Using a mesh colander rinse the quinoa under water and drain well.
2. Bring 1 cup of water to boil in a small saucepan and add 1/4 teaspoon of salt and quinoa.
3. Cover pot and cook under medium to low heat until quinoa has been absorbed by all the water or 10 to 20 minutes.

STEP 3: PREPARE THE VINAIGRETTE

1. In a small bowl, combine the olive oil, balsamic vinegar, mustard, water, and honey.
2. Whisk until blended.
3. Season with salt and pepper, to taste.

STEP 4: PREPARE THE SALAD BOWL

1. Put quinoa, sweet potato, cilantro, parsley, bell peppers, and onion in a bowl and mix together and place this on the bed of kale.
2. Top with sliced apples and pour on vinaigrette.

ENJOY!