



Mango, Quinoa & Kale Salad

2 servings

20 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1 1/2 tsps Maple Syrup
- 2 cups Kale Leaves (finely chopped)
- 1/4 cup Pomegranate Seeds
- 1/2 cup Frozen Mango (chopped into smaller bits)
- 1/4 tsp Sea Salt (to taste)
- 1/4 tsp Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	312
Fat	10g
Saturated	1g
Carbs	48g
Fiber	6g
Sugar	12g
Protein	9g
Cholesterol	0mg
Sodium	357mg

Directions

- 1 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, stir with fork and set aside to cool.
- 2 Meanwhile, prepare dressing by combining olive oil, balsamic vinegar, maple syrup, sea salt and pepper.
- 3 Combine kale, pomegranate seeds, mango and balsamic vinaigrette in a large bowl. Add quinoa once it has cooled.
- 4 Drizzle salad with desired amount of dressing and serve. Enjoy!

Notes

NO MANGO: Use peach, nectarine, orange or clementine slices instead.

LEFTOVERS: Store in an airtight container in the fridge up to 3 to 4 days.

MORE PROTEIN: Add chopped chicken breast or other lean protein to ensure you have the building blocks of muscle.

DID YOU KNOW?: Most grains are considered to be inadequate as total protein sources because they lack adequate amounts of the amino acids lysine and isoleucine. By contrast, quinoa has significantly greater amounts of both lysine and isoleucine (especially lysine), and these greater amounts allow the protein in quinoa to serve as a complete protein source. Further, quinoa is rich in antioxidant flavonoids quercetin and kaempferol. In fact, the concentration of these two flavonoids in quinoa can sometimes be even greater than their concentration of high-flavonoid berries like cranberry. That means improved recovery after your high intensity training sessions. **PROTEIN + ANTIOXIDANTS** make quinoa a superfood for the athlete who needs extra of both in their diet!

Tags: This recipe is glutenfree, nutfree, eggfree, soyfree, dairyfree, vegan, vegetarian, vegan, vegetarian, paleo-friendly(because quinoa is actually a seed, not a grain!)