

BLUEBERRY QUINOA KALE SALAD

A bright and textured salad filled with juicy blueberries, crisp kale, tangy feta cheese, and crunchy almonds in a fresh lemon dressing. *Servings: 8 servings*



INGREDIENTS

- 2 cups (370g) cooked quinoa, cooled
- 2 cups shredded kale
- $\frac{3}{4}$ cup (84g) crumbled feta cheese
- $1\frac{1}{2}$ cups fresh blueberries
- $\frac{1}{2}$ cup (70g) whole raw almonds, coarsely chopped
- Juice of 1 lemon
- 2 Tablespoons (30mL) olive oil
- Salt and pepper to taste

DIRECTIONS

1. In a large bowl, combine quinoa, kale, feta cheese, blueberries, and almonds. Mix until thoroughly combined.
 2. Drizzle lemon juice and olive oil over the salad, toss to coat everything, then taste and add salt and pepper as needed.
- Salad can be served warm or cold. Leftovers stay fresh in an airtight container in the refrigerator, up to 4 days.

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