

Kale and Quinoa Medley

by Union High School



This exotic and surprising side dish will tantalize your tastebuds! We combined the nutty, robust flavor of quinoa and fresh kale that is stir fried with garlic, and added a sweet and sour dressing. The flavor of this nutritious selection will make you crave more.

Ingredients

6 SERVINGS

- 1/2 cup of Quinoa, dry, whole grain (3.75 oz)
- Kale, Tuscan, raw, trimmed and washed (11 oz)
- 1 Tbsp of garlic, fresh chopped
- 2 Tbsp of lemon juice
- 2.25 tsp of Dijon Mustard
- 1.5 Tbsp of Olive or vegetable oil
- 2.25 tsp of Honey
- 1/4 tsp of Salt
- 1/4 tsp of pepper
- 5 oz of water
- 1 tbsp of carrots, raw, grated
- 1 tbsp of red pepper, raw, finely chopped

50 SERVINGS

- 4 cups 2.3 Tbsp of Quinoa, dry, whole grain (1.9 lb)
- Kale, Tuscan, raw, trimmed and washed (5.75 lb)
- 1/2 cup 1 tsp of garlic, fresh chopped
- 1 cup 2 tsp of lemon juice
- 1/4 c 2 Tb 1 tsp of Dijon Mustard
- 3/4 cup 1/2 Tbsp of Olive or vegetable oil
- 1/4 c 2 Tb 1 tsp of Honey
- 2 tsp of Salt
- 2 tsp of pepper
- 5 cup 2 oz of water
- 1/2 cup 1 tsp of carrots, raw, grated
- 1/2 cup 1 tsp of red pepper, raw, finely chopped

Preparation

Cook quinoa according to package directions-bring water to a boil and add quinoa. Cook covered, stirring occasionally, until all liquid has evaporated and quinoa fluffs with a fork. Dump quinoa onto a sheet pan to cool. In large saute pan or tilting skillet, heat 1 tsp oil with 1 tbsp garlic for 6 servings, or 2 3/4 Tbsp oil with 1/2 cup + 1 tsp garlic for 50 servings. Add trimmed and washed kale to oil and garlic and saute until kale is somewhat wilted and reduced by half. In a bowl, whisk Dijon mustard, honey, lemon juice, the remaining oil, salt and pepper until well combined. Combine quinoa, kale, chopped red pepper, grated carrot, and dressing, and toss to mix. Serve 1/2 cup per serving.