

RECIPE

Quinoa Salad with Black Beans and Kale

🕒 15 minutes / 1 serving

THIS COMFORTING, PLANT-BASED BOWL brings together a delicious variety of fiber-packed whole foods for more than half of your recommended daily intake! Don't skip the homemade lemon tahini sauce—it adds just the right amount of tanginess and spice.

SALAD INGREDIENTS

- $\frac{2}{3}$ cup cooked quinoa
- $\frac{1}{2}$ cup black beans
- 1 cup chopped kale
- $\frac{1}{4}$ avocado
- $\frac{1}{4}$ cup cooked shelled edamame
- 2 tbsp kimchi
- 1 tsp Lemon Tahini Dressing
- Fresh herbs for finishing

DRESSING INGREDIENTS

- 2 tbsp tahini
- 1 tbsp lemon juice
- $\frac{1}{4}$ tsp cumin
- a pinch each of salt and pepper
- 1 tbsp water



SALAD INSTRUCTIONS

- 1 COMBINE** $\frac{2}{3}$ cup cooked quinoa, $\frac{1}{2}$ cup black beans, 1 cup kale (chopped), $\frac{1}{4}$ avocado, $\frac{1}{4}$ cup cooked shelled edamame, and 2 tbsp kimchi in a bowl.
- 2 DRIZZLE** with 1 tsp Lemon Tahini Dressing.
- 3 FINISH** with fresh herbs and toss to combine.

DRESSING INSTRUCTIONS

- 1 MIX** 2 tbsp tahini, 1 tbsp lemon juice, $\frac{1}{4}$ tsp cumin, and a pinch each of salt and pepper.
- 2 WHISK** until smooth, thinning with 1 tbsp water as desired.
- 3 OPTIONALLY** add juice and zest from 1 orange, lemon zest, and 1 tsp finely chopped shallot for extra flavor.
- 4 THIN** further with additional water if preferred. About 6 servings in this recipe.

NUTRITIONAL INFO PER SERVING

CALORIES

379

PROTEIN

19 g

FIBER

15 g

FIBER

16 g