

Quinoa Tabbouleh Kale Salad

Provided by Fort Vancouver Center for International Studies, Culinary Arts – a Vancouver Public Schools Program of Choice

YIELD: Makes 18 servings

INGREDIENTS

- 2 cup quinoa, rinsed well
- 2 teaspoon kosher salt plus more
- 1/2 cup fresh lemon juice
- 2 garlic clove, minced
- 1/2 cup extra-virgin olive oil
- Freshly ground black pepper
- 2 large cucumbers, small diced
- 2 cups cherry tomatoes, halved
- 1 1/2 cups chopped flat-leaf parsley, finely minced
- 1 1/2 cups chopped fresh mint
- 1 1/2 cups scallions, thinly sliced
- 3 cups kale, finely chopped



PREPARATION

1. Bring quinoa, salt, and 1 1/4 cups water to a boil in a medium saucepan over high heat. Reduce heat to medium-low, cover, and simmer until quinoa is tender, about 10 minutes. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork.
2. Meanwhile, whisk lemon juice and garlic in a small bowl. Gradually whisk in olive oil. Season dressing to taste with salt and pepper.
3. Spread out quinoa on a large rimmed baking sheet; let cool. Transfer to a large bowl; mix in 1/4 cup dressing. *DO AHEAD: Can be made 1 day ahead. Cover remaining dressing and quinoa separately; chill.*
4. Add cucumber, tomatoes, herbs, and scallions to bowl with quinoa; toss to coat. Season to taste with salt and pepper. Drizzle remaining dressing over.