

Crunchy Kale and Quinoa Salad

This salad is easy to make and full of flavor and nutrition. It's a great healthy meal!



Main Dish

20 min

Total time

Easy

Difficulty

170

kcal / serving

Ingredients

- 1/4 cup quinoa, 3 leaves kale, 1/4 cucumber, 1/4 red bell pepper, a handful of cherry tomatoes, 1 tablespoon olive oil, 1 tablespoon apple cider vinegar, a pinch of salt, pepper, and herbs

Steps

- 1 Cook quinoa according to instructions.
- 2 Meanwhile, chop the kale, cucumber, red bell pepper, and cherry tomatoes.
- 3 Place them into a bowl and add the cooked quinoa.
- 4 Top it with olive oil, apple cider vinegar, salt, pepper, and herbs.
- 5 Mix everything and enjoy!