

Vegan Quinoa and Kale Salad with Lemon Tahini Dressing



TOTAL TIME

30 mins



COURSE

Lunch, Sauces



SERVINGS

4 servings

CALORIES

432 kcal

INGREDIENTS

For the salad

- 1 cup quinoa rinsed & drained
- 2 cups water
- 1 bunch kale stems removed, chopped
- 1 cup cherry tomatoes halved
- 1 avocado diced
- ½ cup chopped walnuts
- salt & pepper to taste

For the dressing

- ¼ cup tahini
- ¼ cup fresh lemon juice
- 2 Tbsp maple syrup
- 1 Tbsp olive oil
- 1 clove garlic minced
- salt & pepper to taste
- water to thin as needed

INSTRUCTIONS

1. In a medium pot, bring 2 cups of water to a boil. Add the quinoa and reduce the heat to low. Cover and simmer for 15-20 minutes, or until the quinoa is cooked through and the water has been absorbed.
2. In a large bowl, combine the cooked quinoa, chopped kale, cherry tomatoes, diced avocado, and chopped walnuts. Season with salt and pepper to taste.
3. In a separate bowl, whisk together the tahini, lemon juice, maple syrup, olive oil, minced garlic, salt, and pepper. Add water as needed to thin the dressing to your desired consistency.
4. Pour the lemon tahini dressing over the quinoa and kale salad and toss to coat.
5. Serve the salad chilled or at room temperature. Enjoy!

NUTRITION

Nutrition Facts

Vegan Quinoa and Kale Salad with Lemon Tahini Dressing

Amount Per Serving

Calories 432	Calories from Fat 243
% Daily Value*	
Fat 27g	42%
Carbohydrates 44g	15%
Protein 11g	22%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!