

Fall Salad



Ingredients

Dressing:

- 3 Tbsp olive oil
- 2 Tbsp apple cider vinegar
- 1 Tbsp honey
- 1.5 tsp Dijon mustard
- 1 clove minced garlic

Salad:

- 2 cups chopped kale
- ½ cup dry quinoa
- 1 apple
- 1 pear
- ¼ cup crasins
- ¼ cup walnuts
- 2 Tbsp sunflower seeds
- 1/3 cup feta

Utensils

- Small pot with lid
- Cutting board
- Knife
- Mandolin
- Colander
- Salad Spinner
- Measuring cups and spoons
- Whisk
- Large bowl
- Tongs



Recipe Instructions

Step 1: Prep & Quinoa

Measure one cup of water and ½ cup dry quinoa and add to small pot. Bring to a boil. Once boiling, add lid, reduce to low, set a timer for 15 minutes.

Prep cutting station and thinly slice apples/pears with mandolin, or as thin as you can get them on your own. Then cut thin slices in half.

Step 2: Kale

Add kale to colander and wash in cold water.

Spin kale in a salad spinner to remove excess water.

Rough chop kale into smaller pieces if necessary.

Step 3: Dressing

Add all salad dressing ingredients into a small bowl and whisk to combine.

Set aside.

*once quinoa is done, set aside with lid **off** to cool

Step 4: Measure

Measure crasins, walnuts, sunflower seeds, and feta.

Step 5: Assemble

Add dry kale to a large salad bowl. Top with the apple/pear slices, crasins, walnuts, sunflower seeds, and feta.

Step 6: Finish and Enjoy!

Add your dressing to the salad and toss with tongs to coat.

Use tongs to serve into bowls.

Only add all dressing if the whole salad will be eaten soon, or else it could become soggy.



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Kitchen Safety Tips:

Be extra careful when handling a knife.

Be sure to use pot holders when touching pots on the stove.