



# Kale Super Salad

PREP TIME: 15 minutes • COOK TIME: 1 hour • SERVINGS: 4 – 5 salads

Shine365  
Marshfield Clinic

## INGREDIENTS

### SALAD

- 1 cup quinoa
- 1 bunch kale (approximately 1 pound)
- 2 medium sweet potatoes
- 1 tablespoon olive oil
- 14-ounce can black beans (unsalted), drained and rinsed
- $\frac{1}{3}$  cup crumbled feta or parmesan cheese
- $\frac{1}{4}$  cup unsalted nuts of your choice

### AVOCADO DRESSING\*:

- $1\frac{1}{2}$  avocados\*\*
- 1 lime or 1 – 2 tablespoons lime juice
- 2 teaspoons cumin (optional)
- 1 clove garlic or  $\frac{1}{4}$  teaspoon garlic powder
- $\frac{1}{2}$  teaspoon salt (optional)
- $\frac{1}{4}$  cup water

\*Olive oil vinaigrette makes a healthy alternative to avocado dressing. You may wish to use this if prepping a week's salads as avocado dressing turns brown within a couple days.

\*\*A bright green avocado takes two to four days to ripen on your counter. Avocados turn dark green when they're ripe. Ripe avocado are slightly soft with no indentations other than the naturally rough surface. Flesh is light green, not brown. Cut out brown spots if needed. After avocados ripen, transfer them to the refrigerator to prevent further ripening. Refrigerating gives avocados up to a couple more weeks.

## INSTRUCTIONS

Preheat oven to 400 degrees and chop sweet potatoes into  $\frac{1}{4}$ -inch cubes. Place potatoes on baking sheet with 1 tablespoon olive oil and mix to evenly coat. Bake, and then stir after 15 minutes. Put potatoes back into oven until brown (about 40 minutes). Remove from oven to cool.

While sweet potatoes bake, cook quinoa with 2 cups water in medium pot. Bring to gentle boil, then cover and reduce heat to low simmer for 15 minutes, or until water is absorbed. Remove lid and stir occasionally to cool.

Combine avocado, lime juice, salt, cumin, garlic and  $\frac{1}{4}$  cup water in food processor (preferred) or bowl. You can mash a ripe avocado with a fork if you don't have a food processor.

Combine kale and quinoa in a separate mixing bowl. Add extra kale, cabbage or lettuce as desired.

Divide all ingredients into four or five bowls: kale and quinoa mixture, sweet potato cubes, beans and dressing. If you are saving salad for the next day, keep dressing separate. If you opt to make this a jar salad, put dressing on bottom of jar and top with remaining salad ingredients.

## NUTRITION INFORMATION

Nutrition information is based on four equal parts and avocado dressing. Nutrition content varies based on dressing and cheese choice: 585 calories; 23 g protein; 25 g fat; 75 g carbohydrates; 53 g net carbohydrates, 22 g fiber and 638 mg sodium.