



"The Local Buy" Recipe, Episode 309

Kale and Red Quinoa Salad

Courtesy Chef Ben Simpkins and Richardson Farms

Ingredients

- 1 quart finely chopped kale rinsed and clean
- 1 quart red quinoa cooked and chilled
- 1 cup honey-toasted almonds
- 1 cup julienne red peppers
- 1 cup shredded carrots



Directions

Combine ingredients and slowly add dressing (see below) until dressed to your liking.

Salad Dressing

Ingredients

- 2 lemons zested
- 4 ounces lemon juice
- 4 cloves of minced garlic
- 4 ounces hot sauce
- 1 tablespoon black pepper
- 2 tablespoons Dijon mustard
- 7 ounces honey
- 1 teaspoon red wine vinegar
- 1 quart olive oil
- Salt to taste



Directions

Combine all ingredients except olive oil in a bowl. Using a whisk or blender/immersion blender, slowly add oil until incorporated.