



MAKES 6 SERVINGS

# *Kale Chicken Salad Bowl*

Quinoa, Pistachios & Pomegranate Seeds

## INGREDIENTS

- 1 tsp. honey
- 1 tsp. Dijon mustard
- 3 Tbs. white wine vinegar
- 1/4 cup extra-virgin olive oil
- 1/2 tsp. salt, plus more, to taste
- 1/4 tsp. freshly ground pepper, plus more, to taste
- 2lbs chicken breast 3 cups of kale, stems removed and discarded and leaves julienned
- 1/2 cup cooked and cooled quinoa
- 1/4 red onion, thinly sliced
- 1/4 cup coarsely chopped pistachios
- 1/4 cup pomegranate seeds

## DIRECTIONS

- In a small bowl, whisk together the honey, mustard, vinegar, olive oil, the 1/2 tsp. salt and the 1/4 tsp. pepper.
- Slice the chicken into strips and cook until done.
- About 30 minutes before serving, in a large bowl, combine the kale and half of the vinaigrette. Toss to evenly coat the kale. Set aside.
- When ready to serve, add the quinoa, red onion, pistachios and pomegranate seeds to the kale and toss to combine. Taste and add more vinaigrette if desired, tossing to combine. Season to taste with salt and pepper and serve immediately.

NUTRITION: 319 Calories | 16g Fat | 11g Carbs | 2g Fiber | 31g Protein

