

# Whole**SOME** Eats

## Kale, Chickpea, & Apple Salad



Serves 8

Prep time: 10 min

### Ingredients

2 cans (15-oz.) Chickpeas, rinsed and drained

2 Tbsp. Extra-virgin Olive Oil

¼ tsp Kosher Salt

½ tsp Ground Black Pepper

1 tsp Extra-virgin Olive Oil

1 large bunch Kale

2 large Apples, chopped

¾ cup Cherries

2 cups Red Cabbage, shredded

### *For the dressing:*

½ cup Lime Juice

¼ cup Honey

¼ cup Olive Oil

1 tsp Salt



### Materials

1 Large Bowl • Whisk or Fork • Sharp knife • Wooden Stirring Spoon • Measuring spoons • Measuring cups

### Directions

1. Preheat oven to 425 °F
2. Pat chickpeas dry with paper towels
3. Toss chickpeas with olive oil, salt, and pepper
4. Roast in oven for 30 minutes, shaking occasionally, then let cool
5. In a large bowl, whisk lime juice, honey, and olive oil, add salt a little at a time and adjust other ingredients to taste
6. Massage kale with just a teaspoon of olive oil before chopping
7. Add kale, apples, raisins, and red cabbage to the large bowl and toss to coat
8. Top with chickpeas
9. Best served cold, but great immediately, as well

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## Southwest Quinoa Salad



### Serves 5

Prep time: 15 min • Cook time: 15 min

### Materials

Sharp knife • Cutting board • Large bowl • Small bowl • Whisk • Serving Spoon  
Measuring spoons & cups • Can opener • Saucepan

### Ingredients

#### For the salad:

2 teaspoons olive oil  
2 garlic cloves minced  
1 cup quinoa well rinsed and drained  
1 3/4 cups low sodium vegetable broth  
or water

1 cup canned corn drained  
15 ounce can black beans rinsed &  
rained  
1 red bell pepper chipped  
4 green onions sliced  
2 tablespoons minced fresh cilantro

#### For the Lime vinaigrette:

3 table spoons fresh lime juice  
2 tablespoons olive oil  
1 tablespoon honey  
1 teaspoon chili powder  
½ teaspoon cumin  
Salt and pepper to taste



### Directions

1. Heat the 2 teaspoons olive oil in a medium saucepan over medium heat. Add the garlic and sauté until fragrant, stirring, about 1 minute. Add the quinoa and vegetable broth (or water) and bring to a boil. Reduce the heat, cover, and simmer until the liquid has been absorbed, about 12-16 minutes. Remove from the heat.
2. While the quinoa cooks, prepare the lime vinaigrette. In a small bowl or jar, combine the dressing ingredients. Whisk (or shake in a jar with a lid) until well combined.
3. Transfer the cooked quinoa to a large bowl and stir in the corn, black beans, bell pepper, green onions, and cilantro. Add the dressing and stir gently to combine. Taste and adjust seasonings as necessary.
4. Serve salad warm or cold, with guacamole or sliced avocado if desired