

Curried Quinoa Salad with White Beans + Kale – Alison Mountford

By Alison Mountford, contributing chef, for RINewsToday.com



ACTIVE TIME - 20

TOTAL TIME - 25

QUICK TIPS - Well balanced, light, yet filling. I love the contrasting textures and colors on the final presentation and the curry in the quinoa gives it a beautiful yellow hue and layer of flavor.

INGREDIENTS

- 1 cup quinoa
- 2 cup water
- 1 teaspoon curry powder
- 1 Tablespoon kosher salt (divided)
- 1 15-ounce can white beans
- 1 bunch lacinato kale
- 7 Tablespoon extra-virgin olive oil (divided)
- 1 red bell pepper
- 1 cucumber
- 1 pomegranate
- 4 Tablespoon balsamic vinegar
- 1 teaspoon dijon mustard
- 1 teaspoon honey
- 1/4 teaspoon black pepper
- 3 green onions

1. QUINOA + BEANS

In a medium pot with a lid, combine the quinoa, water, curry powder, and about 1 teaspoon of salt. Bring to a boil and stir, then reduce heat to medium-low and cover partially. Simmer for about 14 minutes, then stir and simmer another 3 - 4 minutes until the water is absorbed.

Meanwhile, drain the beans. Turn off the heat under the quinoa and add the beans to it. Cover the pot. Let sit for about 5 minutes longer to plump up and warm the beans through.

2. KALE

Wash and dry the kale. Slice into thin ribbons, even through most of the stems (you may prefer to slice off the bottom inch or so of the stems if they're really thick or woody). Place in a large bowl and drizzle with 1 Tablespoon of olive oil and 1 teaspoon of salt.

Use your fingertips to massage the kale until it reduces in volume by about half and takes on a darker green color.

3. VEGGIES

Dice the bell pepper, slice the cucumber into half-moons, and de-seed the pomegranate (you can use whichever method works best for the pomegranate, but my favorite is holding it underwater to separate the arils from the membrane, so nothing gets covered in red juice). Toss with the kale.

4. DRESSING

In a small bowl or mason jar, combine the balsamic vinegar, remaining salt (about 1 teaspoon), dijon, honey, and black pepper. Shake or whisk. Mince the green onion and add. Then add the remaining olive oil (about 6 Tablespoons) and shake or whisk to combine.

Combine everything - the quinoa and beans, veggies, kale and dressing to taste - toss together. Serve right away or after an hour or so the flavor improves.