

# Kale and Hearty Grain Cooked Salad

**Serving Size 1**

**Servings 4**



## Nutrition Information

Calories	266
Fat	10 g
Saturated fat	4 g
Carbs	37 g
Fiber	6 g
Sugar	5 g
Protein	12 g
Sodium	340 mg

## Ingredients

### Make-ahead Easy Hearty Grain Salad

1/2 cup [dry quinoa](#)

1/2 cup [farro dry](#)

1/2 tsp [salt](#)

1/4 tsp [garlic powder](#)

1 tsp [paprika](#)

1/2 tbsp [Sugar](#)

3/4 cup [grape tomatoes, halved](#)

1/3 cup [cilantro, chopped](#)

### Other Ingredients:

6 cups [fresh kale stems trimmed, well washed and dried](#)

1 cup [red onion, diced](#)

1.5 cups [broccoli florets](#)

1 tbsp [extra virgin olive oil](#)

1 [avocado, ripe, peeled, and coarsely chopped](#)

3 ounces [goat cheese crumbles](#)

## Directions

1. **Make-ahead grain salad:** Combine dry quinoa and farro. Fill a medium pot with 3 cups water and cook dry quinoa/farro for 20 minutes. When cooked, drain quinoa and farro and transfer to medium bowl. Mix in salt, spices, sugar, grape tomatoes, and fresh cilantro to quinoa/farro.

2. Heat 1 tbsp olive oil over medium heat in large or extra-large skillet. Add chopped kale, broccoli and red onion to pan in sections, and toss each ingredient to coat with olive oil; sauté for 5-7 minutes, stirring occasionally. Mix when cooked.
3. To serve, divide kale mixture into 4 bowls, add 2/3 cup grain salad atop kale mixture, and top with 3/4 oz goat cheese and 1/4 diced avocado.

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