

# Crunchy Fresh Broccoli Quinoa Salad

Recipe by Christin McKamey



"This fresh, crunchy salad is the perfect lunch! It's also versatile, to meet all of your mealtime needs!

It can be rolled up in a soft flour tortilla or sandwiched between rustic bread for a quick and portable lunch that's light and delicious."

## INGREDIENTS:

- 1 head broccoli, broken into small florets (about 2 cups)
- 2 cups kale, white parts removed and chopped
- 1/2 small red onion (about 1/2 cup), finely diced
- 1 cucumber, peeled, seeded and diced (about 1 3/4 cups)
- 2 cups seedless red grapes, cut into fourths
- 1/2 cup slivered almonds
- 1 cup cooked quinoa (1/3 cup dry), cooled
- 2 teaspoons apple cider vinegar
- 2 tablespoons vegan mayonnaise
- 1 tablespoon agave nectar
- 1 1/2 tablespoons lemon juice
- 1 teaspoon poppy seeds
- 1/2 teaspoon ground sea salt
- 1/4 teaspoon freshly ground black pepper

## INSTRUCTIONS

1. Prepare and chop all ingredients.
2. Add broccoli, kale, red onion, cucumber, grapes, almonds, and quinoa to a large bowl.
3. In a small bowl, combine apple cider vinegar, mayonnaise, agave, lemon juice, poppy seeds, salt, and pepper. Stir with a spoon or whisk and add the dressing to the vegetable mix. Stir until combined and serve.