



EAT MORE BURN MORE

RED QUINOA SALAD WITH ARTICHOKE & PARSLEY



Active time: 20 minutes

Cook time: 25 minutes

Yield: 4 servings

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INGREDIENTS:

- 1 tbsp olive oil
- 1 onion, sliced
- ½ tsp chopped fresh rosemary
- 16 oz canned artichoke hearts, drained & halved
- 2 cups chopped kale
- 1 cup uncooked quinoa
- 2 cups chicken broth
- 2 cups chopped fresh parsley
- 1 cup chopped scallions
- 5 tsps grated lemon rind
- Juice of 1 lemon
- ¼ tsp kosher salt

PREPARATION:

1. Over medium-high heat, heat up a Dutch oven.
2. Add onion and rosemary and sauté for 5 minutes or until onion is tender and lightly brown.
3. Add artichokes, sauté for 2 minutes or until thoroughly heated. Reserve half of the artichokes for garnish.
4. Add kale, broth, and quinoa. Bring to a simmer.
5. Cover and cook 20 minutes and until liquid is completely absorbed.
6. Salt to taste.
7. Remove pan from heat. Stir in parsley, rind, juice, scallions, and salt. Serve warm or at room temperature.