



# KALE AND QUINOA SALAD

## Pressure Cooker Recipe

Yield: 8 Servings | Serving Size: 1/2 cups  
Cost/Serving: \$1.54

### Ingredients:

- 1 Cup Quinoa
- 1 1/4 cup water
- 1/2 Teaspoon salt
- 2 bunches of kale (washed/ rinsed) 1
- 1/2 Tablespoon olive oil
- 1 red, orange or yellow bell pepper 1/3 Cup olive oil
- 1/3 Cup apple cider vinegar
- 1 Teaspoon Dijon mustard
- 2 Teaspoons honey
- Salt and pepper to taste
- 1/2 Cup chopped date

### Directions:

- 1) Before starting to prepare the recipe:
  - a. Wash bell pepper.
  - b. Wash kale.
  - c. Drain and rinse the quinoa.
- 2) Grease pressure cooker pot with non-stick spray and dump rinsed quinoa in pot.
- 3) Add water and salt and stir.
- 4) Secure pressure cooker lid, set to seal and set manual time for 3-minutes.
- 5) When finished, quick release pressure.
- 6) Keep cooked quinoa refrigerated until ready to assemble salad.
- 7) Chop kale removing stems. Massage olive oil into kale to soften it.
- 8) Dice bell pepper and dates into bite size pieces.
- 9) Mix olive oil, vinegar, honey, salt, and pepper to make dressing.

## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1/2 Cup (151g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>260</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 2.094g	<b>10%</b>
<i>Trans Fat</i> 0.001g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>10%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- 10) Combine quinoa, kale, diced pepper, dates and dressing in a large salad bowl.
- 11) Enjoy and refrigerate any leftovers within 2 hours.

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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