

GOJI BERRY, KALE & QUINOA SALAD



This recipe is available on MindBodyGreen submitted by

Holli Thompson, author and creator of an innovative method for identifying three types of nutritional styles for an attainable, satisfying and always health-filled lifestyle.

Ingredients:

- 1 cup raw quinoa
- 1 large head of kale (I used curly leaf kale)
- 3/4 cup dried goji berries
- 1 cup pine nuts (you can substitute another seed or nut you prefer)
- 6 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 2 teaspoons Dijon vinegar
- 2 garlic cloves, minced very fine

This salad serves about 6 people, and will last covered in the fridge for 3 days.

The goji berry, also known as the wolfberry is commonly grown in the north-central and western areas of China.

They are used in traditional Chinese medicine to manage diabetes, high blood pressure, fever, age-related eye problems and fatigue associated with living at high altitudes.

They can be eaten raw, cooked, or dried (like raisins) and are used in herbal teas, juices, wines and medicines.

Method:

Add dried goji berries to 2 cups of room temperature water, and soak for 20 minutes. Gently pour gojis into a fine metal strainer when plumped to discard water.

Add pine nuts to a seasoned very hot pan, and stir quickly. These burn easily, so as soon as you begin to smell the aroma, pull the pan off the heat and continue to toss. When toasted, pour into a small bowl to cool.

Boil 2 cups water to 1 cup quinoa. Reduce heat to simmer, and cover your pan. This should take approximately 12 minutes to cook. Remove pan from heat, and allow to cool. Fluff quinoa with a fork to loosen grains.

Trim kale from tough stalks and centre stems, and slice into ribbons, approximately 1/2 inch wide. Add to a large bowl. In a smaller mixing bowl, whisk your dressing together. Add lemon juice, Dijon mustard, olive oil, and seasonings and whisk until well blended.

After the quinoa cools, add to the kale. Add gojis, along with the pine nuts to your kale and quinoa. Add dressing and toss to mix.

Ingredients are available in the shop. If you are not sure where please ask a member of staff. This recipe is available to view online at www.phoenixshop.co.uk

