



Ingredients

1 cup Quinoa	½ tsp. or to taste Salt
2 cups & 3 Tbsp. Vegetable Broth	4 - 6 cups (about 4 - 5oz) Chopped Kale Leaves
2 cloves Minced Garlic	1 can (15oz) Black Beans
¼ cup Freshly Squeezed Lemon or Lime Juice	½ cup Red Onion (thinly chopped)
1 tsp. Chile Powder	½ pepper Red Bell Pepper (chopped)
½ tsp. Cumin	1 Avocado (sliced or cubed optional)
⅓ tsp. Cayenne	

Directions

- 1** Make the dressing in a small bowl or measuring cup: whisk together the lemon juice, 3 tablespoons broth, chile powders, cumin, and salt.
- 2** Place the kale in a large serving bowl. Add half of the dressing and massage it into the kale using a wringing motion until the kale is very tender. Two minutes of massaging should do it, but the longer, the better.
- 3** Heat a saucepan. Add the rinsed and drained quinoa and the garlic and toast it until almost dry. Add the vegetable broth, bring to a boil, reduce heat, and cover. Simmer until all the water is absorbed, about 20 minutes. Remove from heat and allow to cool.
- 4** While waiting for the quinoa you can go back to massaging the kale. The more you massage, the more tender the kale will be.
- 5** Add the quinoa, black beans, red onion, and bell pepper, along with the remaining dressing to the kale. Mix well and refrigerate until ready to serve.
- 6** Just before serving, check the seasoning and add more lemon juice, chile powder, cumin, and salt, as needed. Stir in chopped avocado, if desired, or serve with slices of avocado on the side.