

# Chilean Citrus Salad

With Quinoa, Kale & Avocado



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YIELD: 6 servings

## INGREDIENTS

1 cup quinoa  
1 ¾ cups water  
1 ½ bunches kale, cut into 1"x1" pieces  
1 avocado - peeled, pitted, and diced  
1 cup navel orange or clementine segments  
¼ cup chopped red onion  
2 tablespoons crumbled feta cheese

## ORANGE DIJON DRESSING

¾ cup fresh navel orange juice  
1 tablespoon Dijon mustard  
¾ teaspoon kosher salt  
¼ teaspoon ground black pepper  
¼ cup olive oil

## INSTRUCTIONS

Bring 1 ¾ cups water to a boil. Add quinoa and reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool, uncovered. Place kale in a steamer basket over 1 inch of boiling water in a saucepan. Cover saucepan with a lid and steam kale until hot, about 45 seconds; transfer to a large plate and let cool. Fluff quinoa with fork. Then fold in avocado, orange segments, red onion and feta cheese. In a mixing bowl, toss the kale and Orange Dijon Dressing until the kale is lightly coated. Transfer the kale on a serving plate and top with the quinoa, avocado and orange mixture.

## DRESSING

In a blender, combine orange juice, Dijon mustard, salt, and black pepper together and let blender run at medium speed. Slowly pour olive oil in the running blender until all ingredients are completely emulsified. Set aside.

## Chilean Fresh Fruit Association

*Chilean Navel oranges, Mandarins, and Clementines are available in North America from May through November.*



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