

# Mango & Chickpea Kale Salad

4 SERVINGS 20 MINUTES



## INGREDIENTS

1/2 cup Quinoa (uncooked)  
1 cup Water  
2 tbsps Extra Virgin Olive Oil  
2 tbsps Balsamic Vinegar  
1 tbsp Maple Syrup  
Sea Salt & Black Pepper (to taste)  
2 cups Chickpeas (cooked, drained and rinsed)  
2 cups Kale Leaves (finely chopped)  
1/2 cup Pomegranate Seeds  
1 Mango (peeled and thinly sliced)

## DIRECTIONS

- 01 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
- 02 Meanwhile, prepare dressing by combining olive oil, balsamic vinegar, maple syrup, sea salt and pepper.
- 03 Combine chickpeas, kale, pomegranate seeds, mango and balsamic vinaigrette in a large bowl. Add quinoa once cooled.
- 04 Drizzle salad with desired amount of dressing and serve. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	362	Carbs	57g
Fat	11g	Protein	12g