

## Quinoa Kale Salad

**Ingredients:** serves 2

- ½ quinoa (that has been soaked overnight then strained)
- 1 cup chopped kale
- ½ cup diced tomato
- ½ cup diced bell peppers
- ½ cup diced celery
- ¼ cup diced onion

Put the above ingredients in a large salad bowl then toss with the dressing below.

**Salad Dressing:** makes 1 cup

- ⅓ cup olive oil
- ⅓ fresh lemon juice
- 1 tbsp sunflower seeds
- 1 clove garlic
- 2 tbsp chopped dill
- 1 tsp honey

Blend until creamy. This dressing keeps well for 4-6 days in the fridge.

Once you have tossed the salad with dressing garnish with a large spoonful of one of the Pâtés below.



**Nori Pâté:** makes 2 cups

Soak the following for about 2 hours then drain

- 1 cup pecans
- 1 cup walnuts

Add the following to the nuts and process in your food processor until creamy:

- ¼ cup of each: chopped celery & onion
- 1 Nori wrap crumbled
- 1 clove garlic
- 1 lemon juiced
- 1 tbsp chopped dill

This mixture will keep for 3-5 days in the fridge.



**Red Pepper Pâté**

Put everything in your food processor and blend until creamy

**Ingredients needed:** makes 2 cups

- 1 cup almonds (soaked overnight)
- ¼ cup chopped onion
- ¼ cup chopped celery
- 1 clove of garlic
- ½ cup sweet peppers (diced)
- ¼ cup nutritional yeast
- 1-2 lemons juiced

Serve with flax crackers or toast.

