

Roasted Garlic Kale & Quinoa Salad With Cranberries

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-walnut-and-cranberry-thanksgiving-salad-recipe>

Ingredients:

- 2 cups fresh cranberries
- 12 cloves garlic more or less to taste, unpeeled
- 1 tablespoon olive oil
- 1/2 tablespoon chia seeds mixed with 1/4 cup water or olive oil
- 1/4 cup lemon juice
- 1 tablespoon Dijon mustard
- 2 teaspoons maple syrup
- 4 cups kale chopped
- 2 cups quinoa cooked
- 1 fennel bulb small, shaved
- 1 cup walnuts chopped
- 1/2 cup red pepper diced
- 1/2 cup red onion thinly sliced

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 83 grams
3. Fat: 31 grams
4. Fiber: 14 grams
5. Protein: 20 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 55 milligrams
8. Sugar: 7 grams

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