



## Kale, Spinach, Quinoa and Cranberry Salad

*This colourful salad has everything you need for an all-in-one delicious and nutritious lunch. The dietitians at Health Stand Nutrition are always impressed with the yummy salads that our Office Manager, Shelley McKenzie creates. Here is one of her recipes!*

**Makes 6 servings**

### What you need:

2-1/2 cups cooked quinoa  
2 cups cooked boneless, skinless, diced or shredded chicken breast  
1/2 cup dried cranberries  
1/2 cup extra-virgin olive oil  
3 tbsp balsamic vinegar  
1/2 tsp salt  
Pepper, to taste  
5 cups kale and spinach mix  
1/2 cup diced red onion  
1 orange pepper, diced



### How you prepare:

Cook quinoa according to package directions, adding in dried cranberries during the last 2 minutes of cooking. Meanwhile, whisk oil with vinegar and salt in a large bowl, season with pepper. Stir in quinoa mixture, kale and spinach, chicken, onion and pepper. Serve immediately or refrigerate for up to 1 day.

### Per serving:

Calories 303  
Carbohydrates 30 g  
Protein 19 g  
Fat 12.5 g  
Dietary Fiber 4 g

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*Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit [www.healthstandnutrition.com](http://www.healthstandnutrition.com). Twitter @chocoholicRD.*

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