

## Kale & Beet Salad

Salad ingredients:

1 bunch curly Kale

2-3 small roasted beets

1/4 cup cooked Quinoa

optional: goat cheese

Dressing:

2 Tbls fresh lemon juice

2 Tbls EVOO (I like to use avocado oil)

1/2 teas honey mustard

1/8 teas sea salt

1/8 teas thyme

Fresh cracked black pepper to taste

*Whisk the dressing ingredients together in a small bowl and pour over salad ingredients.*

