
FAT-BURNING SALADS

Health Kale & Quinoa Bowl



Not only is this a tasty salad you'll love to eat but it has two hall of famers in superfoods as it's main ingredients.

Summer Salad Series

Key Fat Burners:

Quinoa:: Fiber and protein increase your metabolic rate which ultimately results in greater fat loss. Quinoa is LOADED with fiber and has 8g of protein to go with it. And that's why it's a hall of famer!

Ingredients:

- 1 cup of Quinoa
- 1 bunch of kale, chopped
- 3 TBSP Olive Oil
- 3 oz. Sun-dried Tomatoes, diced
- Juice from 1/2 Lemon
- Salt and Pepper to taste
- Optional: Almonds, Parmesan Cheese

Directions

1. Cook the Quinoa according to instructions.
2. Heat Olive Oil in a large pan with medium heat. Add 1/4 cup of water, cover and cook for 3-5 minutes.
3. Uncover, toss and turn down heat to low. Cook for 10-15 minutes stirring frequently. You may have to add more water and add salt and pepper as desired.
4. Add Quinoa and Sun-Dried tomatoes to sauce pan. Add lemon juice and olive and oil and toss. Optional: Add almonds and Parmesan Cheese.



This recipe is part of our full Fat Burning Salad Summer Series. Check out the rest on FastFitTV

“Fiber and protein increase your metabolic rate resulting in greater fat loss.”