

Cranberry Apple Quinoa Salad

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✓ Approved by the [Delish Test Kitchen](#)

YIELDS:

4 - 6 SERVING(S)

PREP TIME:

10 MINS

TOTAL TIME:

40 MINS

Ingredients

- 1 1/2 cups** water or low-sodium vegetable broth
- 3/4 cup** tricolor quinoa, rinsed and drained
- 1/2 cup** dried cranberries
- 1** large bunch curly kale (about 5 oz.), roughly chopped
- Kosher salt
- 2** medium unpeeled apples, such as Granny Smith or Honeycrisp, chopped
- 1/4** small red onion, thinly sliced
- 1/3 cup** toasted pecans, roughly chopped
- 2 oz.** crumbled feta
- 1 Tbsp.** Dijon mustard
- 1 Tbsp.** extra-virgin olive oil
- 1 Tbsp.** honey
- Juice of 1 lemon
- Pinch of crushed red pepper flakes
- Freshly ground black pepper

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Directions

Step 1

In a medium saucepan over high heat, bring water to a boil. Add quinoa and reduce heat to medium. Cover and simmer until water is absorbed and quinoa is softened, about 15 minutes. Remove from heat. Fluff with a fork, then add cranberries on top. Cover and let steam 5 minutes.

Step 2

Meanwhile, place kale in a large bowl; season with 1 teaspoon salt. Massage kale with your hands to combine, about 1 minute. Add quinoa, cranberries, apples, onion, pecans, and feta to kale and toss to combine.

Step 3

In a small bowl, whisk mustard, oil, honey, lemon juice, and red pepper flakes; season with salt and black pepper.

Step 4

Pour dressing over salad and toss to combine.

