

Tomato, Corn, and Quinoa Bowl with Kale and Avocado from Tastefood.com

Dressing:

2 tablespoons lime juice
1 tablespoon balsamic vinegar
1 small garlic clove
1 teaspoon Dijon mustard
1 teaspoon honey
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
Dash of hot sauce, such as Tabasco
1/2 cup extra-virgin olive oil

Salad:

1 small bunch Tuscan/Lacinato kale, ribs removed, torn into bite-size pieces
Extra-virgin olive oil
Salt
3 scallions, white and green parts thinly sliced
2 ears of corn, husked, kernels cut from the cobs
1 red bell pepper, diced
1 poblano pepper, diced
1 cup cherry or grape tomatoes, halved
1/2 cup tricolor or red quinoa, cooked and cooled
1 small handful Italian parsley leaves, chopped, about 1/2 cup
1 small handful cilantro leaves, chopped, about 1/2 cup
1 avocado, cut into 1/2 inch pieces

- 1. Whisk all of the dressing ingredients, except the oil, until blended. Add the oil in a steady stream, whisking constantly to emulsify.**
- 2. Place the kale in a large bowl. Lightly drizzle with oil and a sprinkle of salt. Rub the leaves until thoroughly coated, about 1 minute.**
- 3. Combine all of the remaining salad ingredients, except the avocado, in a separate bowl. Pour 1/4 cup of the dressing over the salad and gently stir to combine. Mound the salad over the kale. (Or divide between individual serving bowls.) Top with avocado and drizzle with additional dressing to taste.**