



Roasted Greens Salad with Grains and Beans with Orange Tahini Dressing

Serves: 4 - Prep Time: 20 minutes

Cook Time: 40 minutes

Ingredients

12 stalks kale
1 small head of green or red cabbage
3/4 cup uncooked quinoa (sub in other favorite grains)
1 small red onion
2 tbsp chili oil of choice
Olive oil as needed
Salt & pepper to taste

Directions

1. Preheat the oven to 450°F. Cook your quinoa per package instructions, or in a rice cooker with a 2:1 ratio of water or broth/stock of choice to quinoa.
2. Remove the core from the cabbage, then thinly slice the cabbage and kale. Spread them out evenly on separate baking sheets, one for cabbage, one for the kale.
3. Drizzle both the kale and cabbage with avocado oil and season with salt and pepper. Roast the cabbage at 450F for 20-23 minutes or until golden and slightly crisp. For the last 5-7 minutes of baking, add in the kale to bake. Remove both vegetables from the oven and turn the oven down to 375°F.
4. Add the quinoa to a baking sheet and cover with chili oil. Season with salt to taste and toss. Roast this for 20 minutes, stirring halfway through until the quinoa is slightly golden and lightly crisp.
5. While the quinoa is baking, make the dressing.
6. Layer in baked cabbage and kale, top with baked quinoa and dressing, stir until all combined

Orange Tahini Dressing

1/3 cup tahini
1/4 cup (fresh squeezed) orange juice
2 tablespoons apple cider vinegar

¼ teaspoon salt or to taste

1-2 tablespoon(s) pure maple syrup optional, for sweetness

1-2 tablespoon(s) water – if needed, to thin

Nutrition Information: 1 serving with ~2 T dressing

Calories 365, 12 g fat, 32 g carb (7 g fiber, 6 g sugar), 8 g protein



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