

# Crispy Chick'n w/ Quinoa, Kale, Avocado & Citrus Salad

*Swick*

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

## Step 1: Preparing Your Mise en Place & Tossing the Salad

- 1 (9-oz) pkg Gardein Chick'n Tenders
- 3 cups baby kale
- 1 cup sunflower sprouts
- 1 cup quinoa cooked
- 1/2 cup Citrus Miso Dressing

Preheat the oven to 425°F (220°C) and cook the Chick'n Tenders according to package instructions. Once the Tenders have cooled, slice on the bias or in half. Set aside.

To assemble the salad, add the quinoa to the kale, along with some fresh sunflower sprouts and a couple tablespoons of the Citrus Miso Dressing and gently toss to combine.

## Step 2: Finishing the Salad

- 3 tbsp toasted seeds such as sesame, pumpkin and sunflower
- 1/2 avocado, sliced
- 1 orange, segmented

Once greens are lightly tossed, gently add the Chick'n, orange segments and sliced avocado, adding more dressing if needed, to coat the Tenders.

Serve immediately and garnish each plate with some of the toasted seeds.

Serve this delicious salad as an appetizer or as a main meal.