



Nutrition Facts

Serving Size		1 12th recipe
Amount Per Serving		
Calories 260		
		% Daily Value
Total Fat	13g	20%
Saturated Fat	6g	30%
Cholesterol	30mg	10%
Sodium	1250mg	52%
Total Carbohydrate	24g	8%
Dietary Fiber	4g	16%
Protein	11g	22%
Vitamin A	%	Vitamin C %
Calcium	%	Iron %



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup with water as directed.
2. Stir quinoa into soup; bring to simmer. Cook for about 5 minutes or until heated through. Stir in kale; cook for 3 to 5 minutes or until kale is wilted.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 2 tbsp (30 mL) Cheddar cheese and 1 tsp (5 mL) chives.