**Kale Quinoa Salad with Tempeh and Toasted Almonds**

**Produce**

garlic (if needed)

1 sweet onion   
  
1 bunch curly green kale

fresh mint leaves

1 fennel bulb

1 lemon

2 kiwi (1 per diner)   
  
sliced almonds *(if needed)*

**Canned/Dried Foods**

quinoa (if needed)

good olive oil (if needed)

low sodium soy sauce (if needed)

Dijon mustard (if needed)

honey (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)

Smoky  tempeh (if needed)

**Additional Items**

Artisan bread or rolls