

SUN-DRIED TOMATO, SPINACH, QUINOA SALAD

adapted from cookieandkate.com

Yield: 4 servings

Prep Time: 10 - 15 minutes

Cook Time: 15 minutes

Storage: refrigerate up to 3 days



Salad Ingredients

- 1 cup quinoa, well rinsed (or use 3 - 4 cups cooked quinoa)
- 1/3 cup oil-packed sun-dried tomatoes, drained and chopped
- 3 cups roughly chopped fresh spinach or arugula
- 1/3 cup sliced almonds
- 1/4 teaspoon olive oil
- Salt, to taste

Dressing Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1 teaspoon Dijon mustard
- 1/4 teaspoon dried oregano
- 1/2 teaspoon salt, or to taste
- Generous pinch of ground black pepper, or to taste
- Pinch of red pepper flakes

Directions

1. To cook the quinoa: Combine quinoa and 2 cups water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then lower the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes. Then uncover and set aside.
2. Meanwhile, prepare the dressing: In a small bowl, add all the dressing ingredients and mix well to combine. Taste and adjust seasonings as needed.
3. Add cooked quinoa to a serving bowl. Drizzle dressing on top and toss to combine. Add the chopped sun-dried tomatoes and wait a few more minutes to add the spinach so it doesn't wilt completely. Toss again, season to taste with additional salt and pepper, if necessary, and serve immediately.