

HEARTY QUINOA SALAD

Serves 1

INGREDIENTS

- 1 handful spinach, fresh
- 1/4 cup quinoa, cooked
- 1/2 cup chickpeas, rinsed and drained
- Peppers, carrots, or your favorite vegetables, chopped
- 1/4 avocado
- 1 Tablespoon feta cheese
- 2 Tablespoons balsamic vinaigrette



DIRECTIONS

1. Rinse spinach leaves with running water. Place spinach in a bowl and cover. Microwave until wilted. (approximately 2 minutes)
2. Add steamed spinach to your jar or plate.
3. Layer with quinoa, chickpeas, and vegetables.
4. Top with avocado, feta, and balsamic vinaigrette.

NUTRITION INFORMATION PER SERVING

Calories: 467, Total Fat: 13g, Saturated Fat: 3g, Sodium: 490mg, Carbohydrate: 70g, Fiber: 19g, Sugar: 14g, Protein: 22g

SOURCE Anne Mauney, RD
