

# STRAWBERRY QUINOA *Salad*

Wth Raven Tuffin, EFNEP Educator

**Serves 4**

**Serving Size: 1 cup**

**Prep Time: 15 minutes**

**Cook Time: 20 minutes**

**Total Time: 35 minutes**

**Chef Prep Tip:** *Chiffonade means cut into ribbons.*

## **Ingredients:**

### **Dressing:**

2 tablespoons balsamic vinegar

1 teaspoon Dijon mustard

2 tablespoons olive oil

Sea Salt and ground pepper to taste

### **Salad:**

½ cup dry quinoa

2 cups baby spinach leaves, *chiffonade*

2 cups arugula

⅓ cup sliced strawberries

2 tablespoons sliced almonds, toasted

1 handful of fresh basil leaves, *chiffonade*

## **Directions:**

1. Place quinoa in medium saucepan along with 1¼ cups water. Bring to boil, then cover and reduce heat to simmer for 15 minutes or until cooked.
2. Remove lid and cook until all water is evaporated. Remove from heat.
3. Make the dressing by combining all ingredients in a bowl or jar.
4. Place the quinoa, spinach, arugula, strawberries, toasted almonds, and basil in bowl and combine.
5. Add and toss in dressing just prior to serving.

**Chef Tip:** *Wait to dress the salad until right before serving.*

**Money Saving Tip:** *Always use whichever salad green is on sale. This recipe can be made with all spinach, all arugula, or half and half.*