



Quinoa Salad with Apples, Baby Spinach and Chick Peas

in Maple Vinaigrette Serves 4-6

| PREP TIME |

10 minutes

| COOK TIME |

20 minutes

| TOTAL TIME |

30 minutes

| DIFFICULTY |

Easy

Ingredients:

- 1 C. Quinoa, dry
- 2 handfuls of baby spinach leaves, washed and drained
- 1 large apple, diced
- 1/2 cup chick peas, drained and rinsed
- 2 Tablespoons fresh chopped parsley
- Salt and pepper to taste

Maple Vinaigrette Dressing

- 4 Tablespoons extra virgin olive oil
- 3 Tablespoons balsamic vinegar
- 2 tablespoons pure maple syrup

Directions:

1. In a sauce pan or rice cooker, pour in 1 Cup of dry quinoa and 2 cups of water. Cover and cook on a low simmer until all the water is evaporated and the quinoa is tender. Approximately 20 minutes.
2. Dump the cooked quinoa into a large bowl.
3. Mix in the baby spinach, apple, chick peas, and chopped parsley
4. Mix together the extra virgin olive oil, balsamic vinegar, and maple syrup to make the vinaigrette.
5. Pour the vinaigrette over the quinoa salad and toss gently to coat. Season with salt and pepper to taste.