

Berry & Quinoa Salad

4 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry, uncooked)
1 cup Strawberries (chopped)
1 cup Blueberries (chopped)
1 tbsp Mint Leaves (chopped, optional)
3 tbsps Balsamic Vinegar
1 1/2 tbsps Maple Syrup
1 1/2 tsps Dijon Mustard
1 head Romaine Hearts

NUTRITION

AMOUNT PER SERVING

Calories	144	Cholesterol	0mg
Fat	2g	Sodium	27mg
Carbs	29g	Vitamin A	654IU
Fiber	3g	Vitamin C	25mg
Sugar	12g	Calcium	32mg
Protein	4g	Iron	1mg

DIRECTIONS

- 01 Cook the quinoa according to the package directions. When the quinoa is cooked, let it cool.
- 02 Meanwhile, in a mixing bowl combine the strawberries, blueberries and mint, if using.
- 03 In a jar with a lid, add the balsamic vinegar, maple syrup and dijon mustard and shake until well combined.
- 04 To assemble the salad, divide the lettuce between bowls and top with the quinoa and then the berries. Drizzle with the balsamic dressing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. Assemble the salad just before serving.

MORE FAT

Add extra virgin olive oil to the dressing or top the salad with avocado or hemp seeds.

MORE PROTEIN

Add chickpeas, lentils or cooked chicken breast.

MORE VEGGIES

Add chopped cucumber or bell pepper.

NO MINT

Use basil or parsley instead.

NO ROMAINE

Use baby spinach or other lettuce instead.



QUINOA

Cook the quinoa ahead of time and refrigerate in an airtight container for up to five days. A 1/2 cup uncooked quinoa yields approximately 2 cups of cooked quinoa.

