

Winter Salad with Quinoa, Pomegranate & Orange

Serves: 5

Prep time: 5 minutes

Cook time: 15 minutes

INGREDIENTS:

1 cup quinoa
3 cups spinach, chopped
3 mandarin oranges, peeled
1 cup pomegranate seeds
1/4 cup pistachios, chopped

Lemon Greek Yogurt Dressing:

1/2 cup plain Greek Yogurt
Juice of 1 fresh lemon
1 tbsp apple cider vinegar
1/2 tbsp coconut sugar
1 tsp garlic, minced
1/3 cup extra virgin olive oil
1/2 tsp salt
1/4 tsp black pepper



Serving size: 2 cups salad + 1-2 tbsp of dressing on top

INSTRUCTIONS:

1. Bring a medium pot of water to a boil on the stove top. Measure out 1 cup of dry quinoa and cook according to the package directions.
2. While waiting, peel the fruits, chop veggies and pistachios and add them to a big bowl with the spinach. Toss together then set aside.
3. In a small bowl, whisk the dressing together, taste and adjust as needed.
4. When quinoa is done, add to the big bowl of spinach and toss all together.
5. Grab serving bowls and divide up the salad, quinoa and drizzle dressing on top.