

Quinoa & Spinach Salad (Serves 6)



A **gluten-free, vegan, fiber-packed** salad that serves as a satisfying main dish or side. For an extra boost of flavor, add a spritz of balsamic vinegar, apple cider vinegar, or fresh lemon juice before serving.

Ingredients

- $\frac{3}{4}$ cup quinoa, well-washed (*unless using a pre-washed product*)
- 1 $\frac{1}{2}$ cups water
- 1 tablespoon extra-virgin olive oil
- $\frac{1}{2}$ large sweet onion, diced
- 1 $\frac{1}{2}$ cups diced bell pepper (*red, yellow, or orange*)
- 1 pound fresh spinach leaves (*stems removed; stems can be saved for another use, such as an omelet*)
- 1 (14-ounce) can cannellini beans, rinsed and drained
- 2 large cloves garlic, pressed or minced
- 1 teaspoon crushed red pepper flakes
- Salt and pepper, to taste

Instructions

1. Cook the Quinoa:

- In a small saucepan, combine **quinoa** and **water**. Bring to a **full boil**.
- Cover, reduce heat, and let simmer for **10 minutes**.
- Remove from heat and let sit, covered, for **5 minutes**.
- Fluff with a fork and set aside.

2. Prepare the Vegetables:

- In a large skillet, heat **olive oil** over **medium-high heat**.
- Add **onions** and **bell peppers**, sautéing until softened, about **5 minutes**.
- Add **spinach** and **cannellini beans**, cooking until the spinach is wilted, about **5 minutes**.
- Stir in **garlic**, **red pepper flakes**, and season with **salt and pepper** to taste.

3. Assemble the Salad:

- In a large bowl, combine the **cooked quinoa** with the **sautéed spinach mixture**.
- Toss gently to distribute the ingredients evenly.

4. Serve Immediately:

- For added flavor, drizzle with **balsamic vinegar**, **apple cider vinegar**, or **fresh lemon juice** before serving.

Nutrition (Per Serving)

- **Calories:** 195
- **Fat:** 4g
- **Saturated Fat:** 1g
- **Cholesterol:** 0mg
- **Sodium:** 375mg
- **Carbohydrates:** 31g
- **Fiber:** 7g
- **Protein:** 10g

**This vibrant and nutrient-rich salad is perfect as a light meal or a hearty side.
Enjoy!**

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