



Pomegranate, Quinoa, & Spinach Salad

PRESENTED BY
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INGREDIENTS

for the Salad

4 cups baby spinach
1/2 chopped apple
1/2 cup cooked quinoa
1/4 chopped red onion
1/2 cup pomegranate seeds
2 tbsp crumbled blue cheese
1/4 cup of sliced radish (optional)
A handful of toasted almonds (optional)

* 1/2 a grilled chicken breast (optional. If you aren't a vegan, add this for a still tasty and healthy salad)

for the Dressing

3/4 cup extra virgin olive oil
1/4 cup balsamic vinegar
1 tsp apple cider vinegar
1 tsp honey or agave nectar
1/2 tsp salt
1/4 tsp black pepper
1/4 tsp Italian seasoning

INSTRUCTIONS

1. In a large bowl mix the baby spinach, cooked quinoa, pomegranate seeds, chopped red onions, chopped apple and crumbled blue cheese.
2. Optional: Sprinkle sliced radish and a handful of toasted almonds.
3. Optional: If you aren't a vegan, but still want a delicious healthy salad, just add 1/2 a grilled chicken breast.
4. Now to make the dressing. Pour all of the dressing ingredients into a small bowl. Whisk until all of the ingredients are blended.
5. Drizzle dressing over salad and enjoy.

