



Peace, Love and Light!

Pomegranate, Quinoa, & Spinach Salad

PRESENTED BY
peaceloveandlight.co

INGREDIENTS

for the Salad

4 cups baby spinach
½ chopped apple
½ cup cooked quinoa
¼ chopped red onion
½ cup pomegranate seeds
2 tbsp crumbled blue cheese
¼ cup of sliced radish (optional)
A handful of toasted almonds (optional)

* ½ a grilled chicken breast (optional. If you aren't a vegan, add this for a still tasty and healthy salad)

for the Dressing

¾ cup extra virgin olive oil
¼ cup balsamic vinegar
1 tsp apple cider vinegar
1 tsp honey or agave nectar
½ tsp salt
¼ tsp black pepper
¼ 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 ½ 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.

