

Easy Almond Apple Quinoa Salad

Prep time: 10 mins Total time: 10 mins

Serves: 4 as a side dish

A delicious chilled quinoa and spinach salad with a tangy delicious raspberry vinaigrette.

Ingredients

- 1/2 cup quinoa
- 1 cup chicken broth, vegetable broth, or water
- 1/3 cup sliced almonds
- 2 tablespoons sunflower seeds
- 3 cups (~2.5 ounces) fresh spinach
- 1/3 cup dried cranberries
- 1 Granny Smith (or favorite variety) apple
- 1 teaspoon lemon juice
- Optional: handful of feta cheese

Dressing

- 1/4 cup olive oil
- 1/4 cup raspberry wine vinegar
- 2 tablespoons seedless raspberry jam
- 2 teaspoons dijon mustard
- 1/4 teaspoon onion powder
- 1 teaspoon poppy seeds
- Salt and pepper, optional



Instructions

1. Rinse your quinoa in a fine mesh sieve to remove the bitter saponin coating.
2. In a small pot combine the quinoa and chicken broth, vegetable broth, or water. I always use chicken broth with the quinoa, but if you are vegetarian the other two will work great.
3. Follow package directions to cook the quinoa.
4. Meanwhile, add the sliced almonds and sunflower seeds in a single layer to a completely dry skillet (don't add any oil) and place on medium-high heat (don't want it too hot or they will burn). Stir the nuts and seeds every 15 seconds for about 1-2 minutes or until the color slightly darkens and they start to smell good. Watch these carefully as they can go from perfectly toasted to burned quickly!
5. Chop up the apple (peel if desired, I like to leave it on) and toss it with the lemon juice.
6. Remove the quinoa and allow to completely cool (I put it in the fridge).
7. Mix together the spinach, dried cranberries, chopped apple, and completely cooled quinoa.
8. Toss with the dressing (use as much or as little as desired; you'll likely have a bit extra to use on another salad!) and top with the toasted almonds and sunflower seeds. If desired, add in some feta cheese or another cheese you enjoy!
9. To make the dressing: Combine all of the ingredients in an immersion blender or small food processor.

Recipe by Chelsea's Messy Apron at <http://www.chelseasmessyapron.com/easy-almond-apple-quinoa-salad/>