



# BERRY & SPINACH QUINOA SALAD

## Ingredients

### Quinoa:

- 1 cup dried quinoa, rinsed
- 1 and 3/4 cups of water

### Salad

- 5 oz. baby spinach
- 1 cup blueberries
- 1 cup strawberries
- 1 cup blackberries
- 1/3 cup slivered almonds
- Sliced avocado (optional)

### Citrus Dressing

- 1/3 cup orange juice
- 2 teaspoons Dijon
- 2 teaspoons apple cider vinegar
- 2 teaspoons pure maple syrup (optional)
- salt & pepper to taste

**PREPARATION: 5 MIN**

**COOKING: 25 MIN**

**READY IN: 30 MIN**

**SERVES: 3-4**

## Directions

### Quinoa:

- In a small pot, add quinoa and water, bring to a boil, cover, reduce heat to low and simmer for 15 minutes. Remove lid and let rest for 10 minutes, fluff with fork.

### Dressing

- In a small bowl, whisk together the ingredients for the citrus dressing. Set aside in the refrigerator to chill until ready to serve.

### Salad

- In a large bowl, add the spinach, quinoa, blueberries, strawberries, and slivered almonds. Pour dressing over top and toss well to coat. Serve at room temperature or chilled in individual bowls with optional sliced avocado and extra slivered almonds on top.



Recipe submitted by: Kacie Coulter,  
Student at Indiana State University