



Humana
Neighborhood Center

Quinoa, Fruit, Nut & Spinach Salad

Ingredients:

- 4 cups cooked quinoa
- 3 tablespoons red wine vinegar
- 1/3 cup cold pressed olive oil
- 4 vine ripened tomatoes, chopped
- 1/4 red onion, finely chopped
- 1/4 cup fresh blueberries
- 4 tablespoons chopped walnuts
- 1/4 cup fresh strawberries cut finely
- 1/4 cup fresh raspberries
- 1/4 cup finely chopped parsley
- 1 tablespoon fresh basil chopped finely
- 1 teaspoon oregano chopped finely
- 1/8 teaspoon kosher or sea salt
- 1/8 teaspoon cracked black pepper
- 1/8 teaspoon crushed red pepper (optional)
- 2 cups fresh spinach, cut finely

How to prep:

1. Cook quinoa, set aside.
2. Pour the vinegar into a large bowl and whisk in the olive oil until thickened.
3. Add the quinoa and parsley, and all other ingredients. Toss well.

