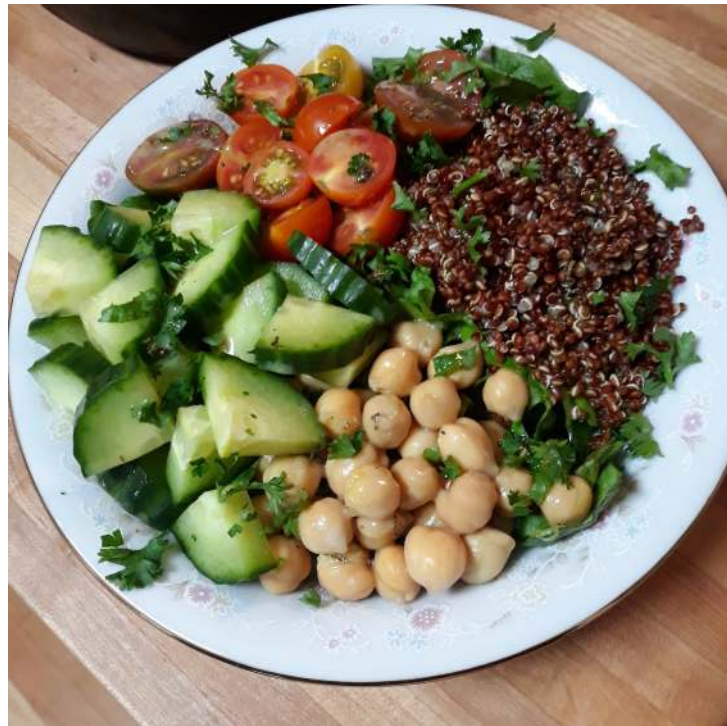


Quinoa and Chickpea Power Salad

Ingredients

1 cup chopped lettuce or spinach
1/3 cup cooked quinoa
1/3 cup chickpeas
1/2 cup sliced cucumber
1/2 cup halved cherry tomatoes
1 Tbs chopped fresh parsley
Optional: 1 oz feta cheese or 1/4 avocado



Dressing:

1 Tbs unfiltered apple cider vinegar
1 Tbs lemon juice
1 Tbs extra virgin olive oil
1 tsp honey
1 tsp Dijon mustard
1/4 tsp thyme

Yield: 1 serving

The first of January for many means the beginning of healthier habits, or at least, detoxing from a month of holiday eating. This salad is a complete meal in a bowl. Prepare the quinoa, make the dressing, and chop veggies ahead of time so you can support your health with this protein rich, plant-based salad several times per week.

Instructions:

1. Batch cook quinoa (makes 1 cup). Add 1/2 cup quinoa and 1 cup water to saucepan. Simmer uncovered for 10-20 minutes until water is fully absorbed. Turn off heat, cover and let steam for 5 minutes. Refrigerate what you don't use.
2. Arrange ingredients on a bed of greens.
4. In a small mixing bowl, combine apple cider vinegar, lemon juice, evoo, honey, mustard, and thyme until emulsified. Pour preferred amount of dressing over vegetables.

Tip: Adding Dijon mustard to homemade salad dressings makes for a creamy dressing without added chemicals or fillers and keeps it plant-based. Nutrition: 340 kcals, 26g fat, 41g carbs, 9g protein



Amber Phillips, MS, RD
Registered Dietitian