

Quinoa Salad with Artichoke Hearts

Serves six

FOR THE DRESSING:

1 garlic clove – peeled
1/3rd cup balsamic vinegar
1/3rd cup olive oil
Salt & Pepper

Smash and mince the garlic clove. Sprinkle with a little salt and mash it with the back of a spoon until you have a paste.

Place the vinegar in a small bowl and add the garlic paste, salt and pepper. Whisk. Start adding the olive oil very slowly as you whisk continuously. So not stop whisking until you have added it all to the bowl. Taste for salt and adjust as necessary.

FOR THE SALAD:

3 cups cooked quinoa
1 cup chopped spinach leaves
2 medium tomatoes – seeded and chopped
1 medium cucumber – peeled, seeded and chopped
½ cup chopped marinated artichoke hearts (drained)
½ cup chopped walnuts
2 TBS scallion greens
Feta or goat cheese (optional)

Mix all the ingredients in a bowl. Add the dressing and toss to coat well.

Serve and enjoy.

Salad no cheese - CALORIES 392.28; FAT 26.92 g (sat 2.88; mono 10.85; poly 2.92); PROTEIN 7.89 g; FIBER 5.19 g; Carbohydrates 29.92 g; CHOLESTEROL 0.00 mg; IRON 2.76 mg; SODIUM 687.07 mg; Calcium 50.41 mg