

BABY SPINACH, APPLE, AND QUINOA SALAD

Who said salads had to be boring? This bright salad, complete with apple, garbanzo beans, and onion, is paired with a tangy yogurt mint dressing to be anything but boring.



2 cups vegetable broth or water

1/2 cup quinoa

1/2 teaspoon ground cumin

1/4 teaspoon sea salt or salt

1/8 teaspoon ground black pepper

1/2 cup quick-cooking couscous

1 (15-ounce) can garbanzo beans, rinsed and drained

5 cups packaged baby spinach or torn spinach

1 cup coarsely chopped apple

1/2 of a small red onion, thinly sliced and separated into rings

FOR THE DRESSING:

2/3 cup plain yogurt

1/3 cup bottled red wine vinaigrette salad dressing

2 tablespoons snipped fresh mint, cilantro, or flat-leaf parsley

1/4 teaspoon crushed red pepper

- 1. In a** medium saucepan combine the broth, quinoa, cumin, salt, and pepper. Bring to boil; reduce heat to low. Simmer, covered, about 15-20 minutes or until the quinoa is tender.
- 2. Remove** from heat. Stir in couscous. Cover and let stand for 5 minutes.
- 3. Using** a fork, fluff the grain mixture. Transfer to a large bowl; cool slightly. Stir in the garbanzo beans. Cover and allow mixture to chill.
- 4. Meanwhile,** prepare the dressing: In a small bowl stir together yogurt, salad dressing, mint, and pepper. Serve immediately or cover and store in refrigerator for up to 1 week. Stir just before serving.

(instructions continued on next page)

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- 5. To serve,** arrange the spinach on a large serving platter or in individual bowls. Spoon the grain mixture on top of the spinach. Top with apple and onion. Drizzle dressing evenly over the salad.

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