

THE P•K•P WAY

Quinoa Confetti Salad

Yields 6 servings



Ingredients

Salad

- 2 cups fresh spinach leaves, roughly chopped
- 1 ½ cups freshly cooked quinoa*
- ½ cup grape tomatoes, quartered
- 2 mandarins, peeled and segmented**
- 2 beets, peeled and julienned
- Lemon zest from one lemon
- ¼ cup fresh parsley leaves, chopped
- 2 tablespoons olive oil (optional)
- Freshly cracked pepper to taste (optional)

Dressing

- 1 tablespoon fresh lemon juice, about half lemon
- 1 tablespoon unsweetened apple juice***
- 1 tablespoon olive oil

Directions

Salad

1. In a large bowl, add the spinach. Top with the hot quinoa and let sit for 5 minutes.
2. Add the tomatoes, mandarins, beets, zest, and parsley.
3. Drizzle with olive and freshly cracked pepper to taste or with dressing (recipe below).

Dressing

1. Whisk together all the ingredients until combined.

Notes

- *Cook ½ cup uncooked quinoa according to package directions.
- **I also sliced each segment in half to release the juices.
- ***I used honey crisp apple juice.