

SHEET PAN QUINOA & SPINACH SALAD



TOTAL TIME: 20 min



MAKES: 8 servings



COST PER SERVING:
\$1.62 CA/\$1.28 US

RECIPE TIP

Cut apple in half and scoop out seeds. Using the **4-in-1 Mandoline**, thinly slice apple.

DRESSING

- ¾ cup olive oil
- ¼ cup balsamic vinegar
- 2 tbsp **Balsamic Vinaigrette Dressing Mix**

SALAD

- ½ cup uncooked quinoa, red or rainbow preferred
- 1 tbsp **Vegetable Broth Mix**, or your favourite Dip Mix
- 3 clementines
- 1 apple, unpeeled
- 8 cups baby spinach
- ¼ cup slivered almonds

1. For dressing, using the **Funnel**, measure oil, vinegar, and dressing mix into a **Cruet**. Screw on lid; shake to mix. If making ahead, cover and refrigerate up to 1 week.
2. For salad, place quinoa in **Multipurpose Steamer**. Stir in 1 cup hot water, and broth or Dip Mix. Cover; microwave on high until tender and water has absorbed, 12–15 min.
3. Meanwhile, peel and segment clementines. Thinly slice apple.
4. To serve, spoon quinoa onto bottom third of **Sheet Pan**. Fill top part of pan with spinach, then arrange clementines and apple overtop. Sprinkle with nuts. Drizzle with ½ cup dressing; taste and add more if needed.

Per serving: Calories 190, Fat 12 g (Saturated 1.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 150 mg, Carbohydrate 17 g (Fiber 4 g, Sugars 5 g), Protein 4 g

APPLE 'N AGED CHEDDAR QUINOA SALAD



TOTAL TIME: 20 min



MAKES: 8 servings



COST PER SERVING:
\$1.11 CA/\$0.94 US

RECIPE TIP

Prep ahead and refrigerate dressing in the **Cruet**; it will keep well up to one week.

MAKE IT A PERFECTLY BALANCED PLATE

Serve with 4 oz (113 g) lean protein such as chicken and add 2 cups leafy greens to the salad.

1 cup uncooked quinoa

2 cups water

3 tbsp **Balsamic Vinaigrette Dressing Mix**,
divided

$\frac{3}{4}$ cup olive oil

$\frac{1}{4}$ cup balsamic vinegar

2 apples

2 celery stalks

1 cup grated old cheddar cheese

Toppings (optional): chopped pecans
or sunflower seeds, dried cranberries

1. In **Multipurpose** or **Round Steamer**, combine quinoa, water and 1 tbsp Dressing Mix. Cover; microwave on high for 12 min, or until tender.
2. Meanwhile, in a **Cruet**, combine 2 tbsp Dressing Mix, oil and vinegar. Secure lid; shake to mix. Dressing makes about 1 cup.
3. Chop apples (don't peel) and celery into cubes.
4. When quinoa is cooked, stir in $\frac{1}{4}$ cup dressing (save remainder for later use), apples, celery, cheese and any toppings, if desired.

Per serving: Calories 210, Fat 11 g (Saturated 4 g, Trans 0 g), Cholesterol 15 mg, Sodium 250 mg, Carbohydrate 22 g (Fibre 3 g, Sugars 5 g), Protein 7 g