

Berry & Quinoa Salad

4 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry, uncooked)
1 cup Strawberries (chopped)
1 cup Blueberries (chopped)
1 tbsp Mint Leaves (chopped, optional)
3 tbsps Balsamic Vinegar
1 1/2 tbsps Maple Syrup
1 1/2 tpsps Dijon Mustard
1 head Romaine Hearts

DIRECTIONS

- 01 Cook the quinoa according to the package directions. When the quinoa is cooked, let it cool.
- 02 Meanwhile, in a mixing bowl combine the strawberries, blueberries and mint, if using.
- 03 In a jar with a lid, add the balsamic vinegar, maple syrup and dijon mustard and shake until well combined.
- 04 To assemble the salad, divide the lettuce between bowls and top with the quinoa and then the berries. Drizzle with the balsamic dressing. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	144	Carbs	29g
Fat	2g	Protein	4g