

Apple Walnut Quinoa and Mixed Greens

Serves 6-8

Ingredients:

1 cup uncooked quinoa
1 $\frac{3}{4}$ water for cooking quinoa
4 Tablespoons extra virgin olive oil
Box of mixed greens (baby lettuces, especially red leaf)
1 teaspoon sea salt
2 red apples, cut small, squeeze of lemon on them
 $\frac{1}{2}$ cup chopped walnuts roasted
 $\frac{1}{2}$ cup goat cheese feta
1 handful of sprouts

Dressing:

4 Tablespoons extra virgin olive oil
1 organic lemon (peel and juice)
2 Tablespoons stone ground or English mustard
Sea salt and pepper to taste

Procedure:

Roast walnuts whole. Pre-heat oven to 350 degrees, place walnuts on a small sheet pan, bake for 7 minutes, or on stove-top for 6 minutes, shaking pan often.
Cook 1 cup of quinoa by, soaking the grain 1-2 minutes. Rinse through a tight mesh strainer. Bring 1 and $\frac{3}{4}$ cups of water and salt to a boil, add the grain, lower to a simmer for exactly 23 minutes, then cool before using.
Rinse the greens, chop if you like. Cut apples. Add all to cooled quinoa. Stir in walnuts. Slowly add in the dressing and top with the goat cheese.

Cook's Notes:

This recipe works great with curly kale, wash, take out stem and chop.
Greens as spinach or mustard greens work well also. Prep before using

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