

Spinach Quinoa Salad with Roasted Grapes, Pears & Almonds

Servings: 2

Active Time: 15 minutes

Total Time: 30 minutes

Ingredients

1 cup red seedless grapes

1 large Bartlett pear, chopped

½ tablespoon honey

1 cup water

Pinch of sea salt

½ cup quinoa, rinsed and drained

4 cups fresh spinach

¼ cup chopped almonds

Lemon-Honey Dressing

1 tablespoon olive oil

1 ½ tablespoons freshly squeezed lemon juice

¾ teaspoons honey

¼ teaspoon Kosher salt

1/8 teaspoon freshly ground black pepper

Directions

1. Preheat oven to 400 degrees F. Combine grapes and pears in a small bowl. Drizzle with honey and stir until fruit is well coated. Place fruit on a large greased baking sheet. Roast fruit for 15-20 minutes, or until grapes are slightly shriveled and pears are soft.
2. While the fruit is roasting, cook the quinoa. In a large pot, bring 1 cup water to a boil. Season water with a pinch of sea salt. Stir in quinoa and cook until water is evaporated and quinoa is tender, about 15-20 minutes. Pour quinoa into a medium bowl and fluff with a fork. Let cool to room temperature.
3. **To make the Lemon-Honey Dressing:** Combine olive oil, lemon juice, honey, salt, and pepper in a small jar with a tight-fitting lid, close, and shake until well combined.
4. In a salad bowl, combine spinach, roasted grapes, pears, quinoa, and chopped almonds. Drizzle salad dressing over salad and toss until coated.

Nutrition Info

Per serving: 452 Calories; Fat 17.3 g (Sat 1.5 g); Cholesterol 0 mg; Sodium 191 mg; Carbohydrates 70.1 g; Fiber 9.6 g; Protein 11.8 g.