

Colorful Cobb Salad with Toasted Quinoa

Ingredients:

- ½ cup quinoa (white, red or tri-colored)
- ½ tablespoon extra virgin olive oil
- 1 cup vegetable or chicken broth (low-sodium)
- ¼ medium red onion, thinly sliced
- 1 whole ripe avocado, diced
- 1 cup Garbanzo beans (cooked or canned), rinsed and drained
- ½ cup diced beets (cooked or canned), drained
- ½ cup Cherry tomatoes, halved
- 4 cups mixed salad greens (combine your favorites: lettuce, spinach, arugula, kale)
- ¼ cup pecans, roasted with no salt

Directions:

- Rinse the quinoa thoroughly in a fine mesh strainer. Put oil in small saucepan over medium heat and toast for 2-3 minutes, stirring frequently.
- Add the broth, bring to a boil, then reduce the heat to low, cover and simmer for 15 minutes or until fluffy and the liquid is absorbed. Use the quinoa warm or make ahead and refrigerate until ready to assemble the salad
- Prepare the vegetables and chickpeas. Set aside.
- To serve, place the greens on a large plate or low-profile salad bowl. Arrange the remaining salad ingredients on top. Be creative – the presentation is half the fun.

Serve with Simple Balsamic Vinaigrette Dressing on the side.

Yield: 1 main course servings, 6 to 8 as a side dish

Cobb salads have always been a favorite, but this creative version takes the obsession to a whole new level! A bed of mixed greens is topped with hearty ingredients including quinoa, avocado, chickpeas and pecans for gluten-free, long-lasting energy. Other seasonal fresh vegetables can be added as well. Serve as a stand-alone entrée or as a side dish to lean grilled meat or fish.



Simple Balsamic Vinaigrette Dressing

Place 3 tablespoons balsamic vinegar, 2 teaspoons maple syrup or honey, a pinch each of sea salt and black pepper, and 1/3 cup extra virgin olive oil in a pint mason jar. Cap and shake vigorously to combine.

Helpful Hints

How to Roast Pecans: Place raw pecans on a rimmed baking sheet in a 350 degree oven for about 10 minutes.

Quinoa is an ancient grain that was highly prized by the Incas. The high-quality, protein-rich seed can be used instead of rice in most any recipe. It can be purchased in most grocery stores in packages or in bulk.

Additional vegetables: Try diced cucumbers, diced yams, green peas, or other favorites.