

## Strawberry and Quinoa Salad



### Ingredients:

- 1 cup quinoa, prepared according to package in
- 4 cups salad greens
- 1 cup fresh strawberries, washed and cut into bite-sized pieces
- 1/4 cup chopped walnuts or almonds, toasted

### Vinaigrette:

- 1 clove garlic, finely chopped
- 3 tablespoons balsamic vinegar
- 3 tablespoons orange juice
- 1 tablespoon honey
- 1/4 cup olive oil

### Directions:

1. Prepare quinoa according to the package directions. Fluff with a fork and allow to cool.
2. Place the garlic, vinegar, juice, honey, and olive oil into a blender; blend until the liquid is well mixed.
3. In three bowls, combine 1/4 spinach, 1/4 strawberries, 1/4 nuts and 1/4 quinoa. Drizzle with vinaigrette; toss to coat.
4. Serve immediately. Store dry left overs in a separate container from the vinaigrette.

Makes 3 servings



**Tarrant County Public Health**  
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