

From the kitchen of David and Jennifer Deaven

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3. Place (D) on top of quinoa in bowl. Pour dressing over and toss to combine.
 4. Top with (E) and serve.
- Servings: 8

Salad/Spinach Quinoa Salad

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- A: 3/4C quinoa
1 1/4C water
1t salt
- B: 1T lemon juice
1T red wine vinegar
1t Dijon mustard
1c garlic, pureed
2T olive oil
- C: 1/3C milk
- D: 12oz spinach, fresh (1 bag)
- E: 2oz mushrooms, sliced
1/4C walnuts, crushed
1oz feta cheese, crumbled
2T parsley, chopped

1. Cook (A) in small pot by bringing to boil, covering and simmer for 15 minutes. Transfer to serving bowl and let cool.
2. Combine (B) in food processor, blend. Add (C) and



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