



Catholic Health Initiatives

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Blackberry and Spinach Quinoa Salad

Serves 6

*Prep/cooking time:
Approximately 20 minutes*

Ingredients:

- 1 cup uncooked quinoa
- 1/3 cup lemon juice
- 1 garlic clove, minced
- Zest of 1 lemon
- 3/4 tsp. salt
- 1/8 tsp. fresh ground black pepper
- 2 tbsp. olive oil
- 1/2 cup chopped cucumber
- 1 cup chopped spinach
- 3/4 cup chopped blackberries
- 10 mint leaves, chopped
- 10 basil leaves, chopped
- 3 grilled chicken breasts, sliced into strips

Directions:

Cook quinoa according to the manufacturer's instructions. In a large bowl, whisk together lemon juice, garlic, lemon zest, salt and pepper. Whisk in olive oil. Toss the warm quinoa with the vinaigrette and set aside until cool. Add the cucumber, spinach, blackberries, mint and basil to the cooled mixture and stir to combine. Top the salad with grilled chicken strips. This salad is perfect for a casual lunch or dinner.



Casual Entertaining

Harvest of the Month

blackberries