

Strawberry Spinach Salad (Serves 4)

Thanks to Laura Davis at Long Life Farm for this recipe

Ingredients:

1 cup quinoa rinsed & drained (≈3 cups cooked)
2 lbs fresh strawberries sliced (divide 1 cup for salad dressing) (total=6 cups)
1 teaspoon lemon zest
¼ cup fresh lemon juice
2 tablespoons white wine vinegar
1 ⅓ tablespoons pure maple syrup
1 teaspoon Dijon mustard
6 oz baby spinach
(8-oz) package sliced button mushrooms (≈2 cups)
½ red onion thinly sliced (≈½ cup)
sea salt
freshly ground black pepper

Instructions:

Prepare 1 cup quinoa with 2 cups water, bring to boil, simmer over low for 20 min then fluff with fork.

In a high-powered blender (or food processor), purée 1 cup strawberries, lemon zest, lemon juice, white wine vinegar, maple syrup, and Dijon mustard until smooth.

In a large bowl, combine remaining strawberries, spinach, cooked quinoa, mushrooms, and red onions. Lightly toss.

Salt and Pepper to taste.