



## Strawberry, Quinoa and Chopped Spinach Salad

**A nice Spring/Summer, healthy one-bowl meal**

### **Ingredients**

#### **Dressing ingredients:**

- **2 Tbsp olive oil**
- **2-3 tsp balsamic vinegar**
- **1 tsp Dijon mustard**
- **1 tsp real maple syrup**
- **1 tsp shallot, finely chopped**

#### **Salad ingredients:**

- **¾ cup cooked quinoa, warmed**
- **2-3 Tbsp goat cheese, crumbled**
- **Black pepper and sea salt to taste**
- **2/3 cup chopped strawberries**
- **2 cups baby spinach, roughly chopped**
- **2 Tbsp pecan pieces**

### **Instructions**

- 1. Cook the quinoa: Note that 1 cup of dry quinoa yield over 3 cups cooked quinoa. Rinse the quinoa well in a mesh colander then combine the rinsed quinoa with twice as much water in a saucepan. Bring to a boil, cover and reduce heat to a simmer. Cook for 15 minutes or until water is absorbed, remove from heat and fluff with a fork**
- 2. Make the dressing: In a small jar, combine the ingredients listed. Use either a fork to whisk the ingredients or shake in a jar with a lid. Taste the dressing and adjust flavors if necessary (add vinegar for a more tart dressing, maple syrup for a sweeter dressing). Set aside.**
- 3. Toast the pecans: In a small pan over medium heat, toast your pecan pieces until they are fragrant and golden (stir often) It should take around 5 minutes**
- 4. In a bowl, mix together ¾ cup or more of warm quinoa with the goat cheese, salt and pepper. Mix in the strawberries and spinach, drizzle with as much dressing as desired, and mix well. Top with the pecan pieces and Enjoy!**

**Recipe from Cookie + Kate via [www.healthyapeture.com](http://www.healthyapeture.com)**

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