 **Quinoa & Spinach Salad**

*Serves 6*

**Ingredients**

1 cup quinoa, uncooked

1/3 cup sun-dried tomatoes

2 cups spinach

1/3 cup almonds

¼ tsp olive oil

2/3 cup goat cheese

Salt

*Lemon Dijon Dressing*  
2 tbsp olive oil

2 tbsp lemon juice

2 cloves garlic, minced

1 tsp Dijon mustard

½ tsp salt

**Directions**

1. Cook quinoa according to package directions. Allow to cool completely.
2. Whisk together olive oil, lemon juice, garlic, Dijon, and salt.
3. Toast almonds in a skillet. Heat ¼ tsp olive oil over medium heat then add almonds. Stir frequently until they are golden, about 5 minutes.
4. Fluff quinoa and mix in sun-dried tomatoes, goat cheese, and almonds. Drizzle with dressing and mix to combine. Place mixture over bed of spinach.

**Nutrition**

*275 cals, 24g C, 14g P, 15g F*