

Spinach and Quinoa Salad



A sensational pairing of bold flavors and nutrient rich ingredients. Layers of protein-rich quinoa, chicken, diced zucchini, and red bell pepper are topped with tangy garlic rubbed oven-dried tomatoes, spinach chiffonade and a kick of radicchio for crunch.

Yield	1-1/4 cups
Serves	1
Preparation time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2.5	oz	1/2 cup		Quinoa with Minor's Roasted Mirepoix Flavor Concentrate - prepared	(see separate recipe)
2	oz	1/2 cup		Chicken, meat only, cooked	chopped
1.25	oz	1/4 cup		Zucchini	diced
1	oz	1/8 cup		Red bell pepper	roasted, diced
3/4	oz	1 cup		Spinach, fresh	chiffonade
1/4	oz	1/3 cup		Lettuce	chiffonade
1/4	oz	1 tbsp		Oven Dried Tomatoes - prepared	(see separate recipe)
1/2	fl oz	1 tbsp		Creamy Roasted Garlic Dressing - prepared	(see separate recipe)

Preparation Steps

1. Add Quinoa, chicken, zucchini, pepper, spinach radicchio and Oven Dried Tomatoes (or guest's choice of proteins, vegetables, grains, and garnishes) to a bowl.
2. Toss with Creamy Roasted Garlic Dressing (or guest's choice of dressing).

Chef's tip

This salad may be served as an eat-in chopped salad or a retail or to go shaker salad.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	266
Energy (KJ)	1134.9
Protein (g)	22
Carbohydrate, total (g)	18.6
Fats, total (g)	11.3
Sugars, total (g)	3.9
Fats, saturated (g)	2.6
Fiber, total dietary (g)	6.3
Sodium (mg)	167.3
Calcium (mg)	57.5
Cholesterol (mg)	49.9
Iron (mg)	2.7
Vitamin A (µg_RAE)	235.1
Vitamin C (mg)	68.1

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.