



WHOLE GRAIN QUINOA SHAKER SALAD

YIELD 4 SERVINGS

INGREDIENTS:

| | |
|----------|---|
| 2/3 cup | Quinoa, dry |
| 2 cups | Water |
| 12 oz. | Grilled Chicken Breast (optional) |
| 1 stalk | Celery, thinly sliced |
| 1 cup | Radish, thinly sliced |
| 1 cup | Strawberries, fresh (or your favorite seasonal fruit) |
| 8 leaves | Mint, fresh |
| 1 tsp | Shallots, minced |
| 1 tsp | Garlic Cloves, minced |
| 2 tsp | Fresh Thyme, chopped |
| 2 tsp | Dijon Mustard |
| 2 Tbsp. | Balsamic Vinegar |
| 1/4 tsp | Salt |
| 1/4 tsp | Black Pepper |
| 6 Tbsp. | Extra Virgin Olive Oil |
| 8 cups | Mixed Field Greens |
| 4 Tbsp. | Pecans, toasted, chopped |
| 1 oz. | Feta Cheese, crumbled |

METHOD

Preparation time = 10 minutes Cook time = 15 minutes

1. Make the quinoa: Bring 2 cups of water to a boil, add the quinoa, stir and simmer for 10 minutes. Set aside to cool slightly.
2. Cook the chicken: Season chicken breasts with 1/8 tsp of salt and 1/8 tsp of pepper. Heat 2 Tbsp. of olive oil over medium-high heat in a pan. Add the chicken breasts to the pan and cook for 5-7 minutes on one side. Flip the chicken breast and cook until they reach 165 degrees, about 5-7 minutes. Remove the chicken breasts from the pan and allow them to rest.
3. Rinse uncut produce in fresh water. Slice the celery thinly on a diagonal, slice the radish and the strawberries. Set aside. Slice the mint into thin strips.
4. Make the vinaigrette: Combine shallots, garlic, thyme, Dijon, balsamic, salt and pepper. Slowly drizzle in the rest of the olive oil, whisking to combine.
5. Add ingredients in the following order to a 16 ounce mason jar w/ lid:
 - 2 cups Spring Mix
 - 1/2 cup quinoa
 - 1/4 cup radish slices
 - 1/4 cup sliced celery
 - 1/4 cups sliced strawberries
 - 1 tablespoon feta
 - 1 tablespoon toasted pecans
 - 2 tablespoons dressing
6. Shake well to mix the ingredients. If using chicken breast, slice thinly and add on top of the strawberries. black-eyed pea burger, then top with 1/4 cup of garlic-pickled greens and add the top of the brioche bun.

EQUIPMENT LIST

- | | |
|--|--|
| <input type="checkbox"/> Cutting board & knife | <input type="checkbox"/> Spatula |
| <input type="checkbox"/> Saucepan, small | <input type="checkbox"/> Whisk |
| <input type="checkbox"/> Sauté pan | <input type="checkbox"/> Microplane |
| <input type="checkbox"/> Glass bowl, small | <input type="checkbox"/> Potato masher or fork |
| <input type="checkbox"/> Glass bowl, medium | <input type="checkbox"/> Tasting spoons |

SHOPPING LIST

PRODUCE

- 1 Bunch - Mint
- 1 Pint - Strawberries
- 1 Bunch - Celery
- 1 Red bell pepper
- 1 Bunch - Radish
- 10 oz - Mixed field greens
- 1 Each - Shallots
- 1 Bulb - Garlic
- 1 Bunch - Thyme

PRODUCE

- 1-5 oz Bag - Pecans
- 1-12 oz Bag - Quinoa
- Dijon mustard
- Olive oil, extra virgin
- Balsamic vinegar
- Kosher salt
- Black pepper, ground

PROTEIN

- 4 Chicken breast, boneless, skinless

DAIRY

- 1 oz - Feta cheese, crumbled