

# STRAWBERRY, SPINACH, ARUGULA SALAD

From the Kitchen of: Connor Dailey, Energy Coordinator, OSI



**Preparation Time:** 20 minutes | **Cook Time:** 15 minutes | **Yield:** 4 small bowls  
**Common Allergens:** Milk (Optional)

This salad is a perfect blend of spicy, sweet, tangy, and salty! According to Connor, "it has a lot going on, but that's what makes it a salad I could eat over and over!"

## INGREDIENTS:

### FOR THE SALAD:

- 1 cup quinoa
- 5 ounces spinach, arugula, or a mix of both
- 8 ounces fresh strawberries, hulled and sliced, about 1/8 inch thick
- 1 jalapeno pepper, thinly sliced (optional)
- 1/2 medium shallot
- 1/2 cup radishes, thinly sliced or 1/16 inch thick (a mix of regular and watermelon radishes is preferred, if you have them!)
- 1/4 cup goat cheese (omit for dairy-free version)
- pumpkin seeds, roasted and salted to taste

### FOR THE DRESSING:

- 1/2 medium shallot, diced
- 1 large clove of garlic, pressed or finely minced
- 1/2 cup olive oil
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon champagne vinegar (or additional tablespoon of balsamic)
- 1 Tablespoon dijon mustard
- 1 Tablespoon honey or maple syrup
- Juice from a half lemon
- Salt and pepper, to taste

## INSTRUCTIONS:

- Cook 1 cup of quinoa according to package instructions. Once cooked, empty the quinoa into a bowl with a lid and cool it in the fridge until the quinoa is no warmer than room temperature. You can also make the quinoa a day in advance and cool it in the refrigerator in a covered container overnight.
- While the quinoa cooks, make the dressing. Dice 1/2 of the shallot and press the garlic into a small food processor or small bowl along with a pinch of salt and pepper. Add the oil, balsamic vinegar, champagne vinegar, mustard, and honey.
- Run the processor until the dressing is uniform or mix it in the small bowl. Taste the dressing and add the lemon juice, salt, and pepper to your preference.
- Chill the dressing for at least 30 minutes to allow the flavors to meld a little.
- Once the dressing and quinoa are chilled, begin to assemble the salad by adding the arugula and/or spinach, sliced strawberries, sliced jalapeños, and diced shallot to the bowl.
- Dress the salad to your taste either in the mixing bowl or in the individual serving dishes. Top each salad serving with 1/4 cup quinoa, radish slices, pumpkin seeds, and goat cheese crumbles (if using).

## NO SCRAP LEFT BEHIND:

Strawberry tops can be added to teas, shrubs, or made into simple syrup. Garlic and shallot scraps can be added to stocks.

