INGREDIENTS

- ⅓ cup uncooked quinoa
- 3 fist fulls of spring mix
- 2 carrots, chopped
- 1 cup purple or green cabbage, chopped
- 4 radishes, chopped
- ½ cup dried raisins or cranberries
- ½ cup sunflower seeds
- ¼ cup lemon juice or juice of 1 lemon
- ½ cup olive oil
- 2 TBSP Dijon mustard
- 1 TBSP honey
- 1 tsp garlic powder
- ½ tsp salt
- ½ tsp black pepper

Gather the equipment: *Cutting board • Knife • Small saucepan with lid Large mixing bowl • Measuring spoons • 8 oz jar with lid*

How Do I Make It?

1. Cook the Quinoa

- *Place 1/3 cup quinoa in a small sauce pan with 2/3 cup water. Bring to a boil, reduce heat immediately, and simmer until quinoa is tender and fluffs up.*
- *Once the quinoa is done: remove from heat immediately, uncover, and let cool.*

2. Prepare the Salad Ingredients

Important!! Before you begin, rinse all produce under cold running water and pat dry.

- *Chop lettuce into bite sizes pieces & place in large mixing bowl.*
- *Chop carrots into bite size pieces and place on top of lettuce.*
- *Chop purple cabbage into bite sized pieces & place on top of lettuce.*
- *Chop radishes into bite sized pieces and place on top of lettuce.*
- *Place cranberries and sunflower seeds on top of lettuce*
- *Once quinoa is cool to the touch, place on top of lettuce.*

3. Prepare the Salad Dressing

- *In a jar with a tight fitting lid place lemon juice, olive oil, Dijon mustard, honey, garlic powder, salt, and pepper. Screw lid on tightly and shake until all ingredients are mixed together.*

4. Toss the Salad and Ingredients

- *Once the dressing is done pour on top of salad and mix with a large serving spoon until all mixed together.*

How Do I Eat It?

Enjoy this salad by itself or pair with your favorite protein.

Food is a human issue that needs all of us at the table!
www.feastva.org - Like us on Facebook for more information.
Scan QR code and watch how it's made!