

BABY SPINACH AND RED QUINOA BOWL

by Marissa Schiesser CNP www.ahealthierme.ca

Easy

3 servings

Active time: 20 minutes

Total time: 30 minutes

4 cups of baby spinach
1 cup red quinoa
4 tbsp olive or flax oil
1 cup green peas
6 green onions, chopped
½ cup fresh basil, chopped
½ cup hazelnuts, chopped
3 fresh figs, cut in quarters
Himalayan Crystal Salt



- Rinse quinoa well. If you have time allow quinoa to soak in water for 30 minutes then drain and rinse. You can also use sprouted quinoa for this recipe.
- Put quinoa in a smallish pot with 1¾ cups water.
- Bring to a boil, turn down to simmer and cover and cook for 15 minutes.
- Quinoa is done when the little ring around it separates and it is clear through the middle.
- When quinoa is done stir in a pinch of **Himalayan Crystal Salt**, peas and green onions.
- Put quinoa into bowls and arrange spinach with it.
- Sprinkle on hazelnuts and basil and add 4 fig quarters.
- Drizzle on a bit of flax or olive oil on top and sprinkle on a touch of **Himalayan Crystal Salt**.

©Marissa Schiesser CNP www.ahealthierme.ca



A Healthier Me.

