



Apple Walnut Quinoa Salad

Ingredients:

- Lettuce of choice (spinach, romaine, etc)
- 1 cup cooked quinoa
- 200g apple chopped
- 40g raisins
- 40g chopped walnuts
- 28g goat cheese

- Dressing of choice (I prefer mustard dressing)

Dressing ingredients: (optional)

- 1/3 cup olive oil
- 1 tbsp fresh lemon juice
- 2 tbsp apple cider vinegar
- 1 tbsp pure maple syrup
- 2 tsp dijon mustard
- 1 clove garlic
- salt/pepper to taste

Nutrition:

without dressing

makes 2 salads

Cals: 428

Fat: 17g

Carb: 56g

Pro: 10g