

Curry-Dijon Quinoa Salad

By Katie Mae, PlantzSt.com

Makes 4 servings | Ready in 25 minutes | Stores 4 days in fridge

INGREDIENTS

3½ cups cooked quinoa (about 1 cup uncooked)
1 cup water
¼–½ cup cashews
1½ tablespoons Dijon or stoneground mustard
1½ tablespoons apple cider vinegar
1 tablespoon curry powder, or more to taste
½ tablespoon garlic granules
2 dates, pitted (or 4 oz apple)
1 apple (about 6 oz)
¼ cup red onion, diced (about 3 oz)
4 cups spinach, diced (about 3 oz)
1 lemon, juiced

ACTION STEPS

1. In a blender, add water, cashews, Dijon, apple cider vinegar, curry powder, garlic granules, and dates. Blend until smooth and creamy.
2. In a large bowl add the apple, onion, spinach, and cooked quinoa. Gently fold the curry sauce it into the dry ingredients.
3. Squeeze lemon over top the salad and gently mix the salad once more. Serve at room temperature or chill in the fridge and enjoy later.