



Quinoa Bacon Spinach Salad

PREP: 30 min

INGREDIENT LIST:

Salad:

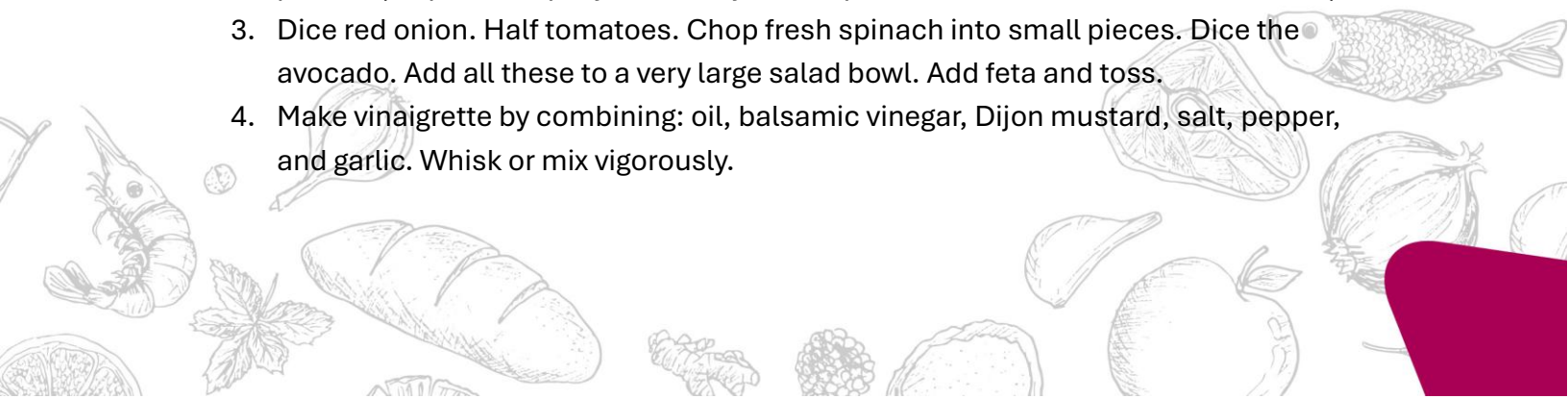
- 2 cups uncooked quinoa
- 1 tsp. chicken bouillon seasoning
- 1 pack of uncooked bacon OR 4 oz. of crumbled cooked bacon
- 1/2 medium red onion (optional), diced
- 10 oz. cherry tomatoes/grape tomatoes, halved
- 10 oz. fresh baby spinach, chopped
- 1 avocado, diced
- 1 cup crumbled feta

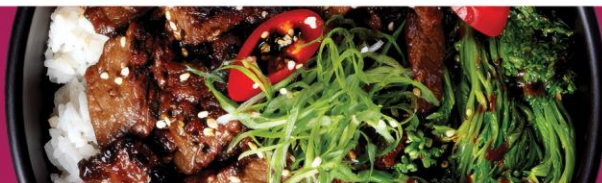
Dressing:

- 3/4 cup grapeseed oil or olive oil may be used
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. Dijon mustard
- Salt and pepper, to taste
- 3 garlic cloves, minced

Recipe Instructions:

1. Cook quinoa according to package instructions. Add 1 tsp. of chicken bouillon to the boiling water. Once cooked, set quinoa aside to cool. (Note: This takes a long while to cool.)
2. Cook bacon however you normally do, and crumble or chop it into smaller bite-sized pieces. (Skip this step if you already have a packet of cooked & crumbled bacon.)
3. Dice red onion. Half tomatoes. Chop fresh spinach into small pieces. Dice the avocado. Add all these to a very large salad bowl. Add feta and toss.
4. Make vinaigrette by combining: oil, balsamic vinegar, Dijon mustard, salt, pepper, and garlic. Whisk or mix vigorously.





5. Pour prepared vinaigrette over salad and toss well. Enjoy!

*** Salad keeps well overnight in the refrigerator. If preparing the salad a day before serving, add the avocado just before serving

