

Warm Spinach Salad

Serves 1 | Active Time: 15 minutes | Total Time:

Swick

Chef's Notes

Suggested adult serving: 4 cups

Cover and chill quinoa and cremini mushroom sauce in separate airtight containers in the refrigerator for up to 3 days.

Reheating: Do not reheat spinach. Toss heated quinoa with spinach to serve.

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase "pure maple syrup" (not "pancake syrup," "table syrup," or "maple-flavored syrup," or even just "maple syrup," as they contain artificial maple flavor and cane sugar or corn syrup).

Arrowroot Powder: If arrowroot is unfamiliar or unavailable to you, you can substitute cornstarch or tapioca starch. If using cornstarch, be sure to boil the mixture for 1 minute to eliminate the starch taste. If using tapioca, double the quantity for similar thickening results.

Cayenne Pepper: Warning: Spicy! Consider omitting the cayenne pepper if you are serving to children.

Step 1: Make the Salad Fixings

- 1 cup quinoa rinsed & drained (≈3 cups cooked)
- 1 1/2 (8-oz) packages cremini mushrooms halved (≈4 1/2 cups)
- 3/4 cup red onion, chopped (≈3/4 cup)
- 3 cloves garlic minced (≈1 tablespoon)
- 1/2 cup low-sodium vegetable broth
- 3 tablespoons apple cider vinegar
- 1 1/2 tablespoons stone-ground mustard
- 1 tablespoon pure maple syrup
- 1 1/2 teaspoons arrowroot powder (or cornstarch)
- 3/4 teaspoon dried thyme
- 1 dash cayenne pepper
- 1 1/2 (15-oz) cans chickpeas drained & rinsed (≈2 1/4 cups)
- 3 tablespoons fresh parsley (optional) chopped
- 4 1/2 oz baby spinach (≈6 cups)
- freshly ground black pepper
- sea salt

PREPARE GRAINS

In a saucepan over high heat, bring quinoa and 2 cups water to a boil. Reduce heat to low, cover, and simmer for 20 minutes. Remove from heat and let cool; fluff quinoa with a fork.

SAUTÉ CREMINIS & ONIONS

Meanwhile, in a large skillet over medium heat, cook cremini mushrooms, red onions, and garlic, stirring occasionally, for 4 to 5 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

START SAUCE

In a small bowl, combine vegetable broth, cider vinegar, stone-ground mustard, maple syrup, arrowroot, thyme, and cayenne.

FINISH CREMINI MUSHROOM SAUCE

Add sauce to mushrooms along with chickpeas. Cook until hot and thickened, 2 to 3 minutes. Stir in parsley, if desired.

TOSS WARM SALAD

In a large bowl, place spinach, quinoa, and cremini mushroom sauce. Toss to mix well.

SERVE

Season with salt and pepper to taste and serve.