

Quinoa & Arugula Salad

Swick

Serves 4 | Active Time: 20 minutes | Total Time: 45 minutes

Step 1: Making the Vinaigrette

- 3 tbsp white balsamic vinegar
- 3 tbsp extra virgin olive oil
- 1 small clove of garlic, minced
- 1 tsp sweetener
- sea salt, to taste
- freshly ground black pepper, to taste

To prepare the vinaigrette, add all the ingredients to a mixing bowl and whisk to combine.

Alternatively, you can add the ingredients to a jar or other container, place a lid on the top and shake to combine.

Store any leftovers in the refrigerator. Bring to room temperature before using.

Step 2: Preparing Your Mise en Place

- 2 cups quinoa, cooked
- 4 cups arugula
- 1 cup Spicy Pecans
- 1 cup snap peas, sliced in half on a diagonal* (see note)
- 1 cup red pepper, diced
- 1 cup cherry tomatoes, cut in half
- 1/3 cup raisins
- 2 tbsp capers
- sea salt, to taste
- freshly ground black pepper, to taste
- 1/2 lemon, juiced

First, gather and prepare your mise en place. For the quinoa, use either plain cooked quinoa (seasoned with salt and pepper) or use leftover Garlic-Fried Quinoa. For the pecans, we used this recipe for Sweet, Spicy, Salty Nuts and we obviously used pecans as the nuts. Alternatively, these Maple Chipotle Candied Walnuts also go well with this salad.

Note: For the snap peas, blanch for 20 seconds and then put them into an ice bath to stop the cooking process. This will make them nice and green, but they will still be nice and crunchy.

Step 3: Assembling the Salad

- 4 tbsp vinaigrette, or to taste

Place all of the ingredients, except the lemon juice, into a bowl and toss lightly to combine.

Once combined, add the lemon juice, toss briefly, and taste for seasoning.

Serve the salad immediately.