

Quinoa Salad w/Chickpeas, Pears, & Pecans

Serves: 5-6

Ingredients:

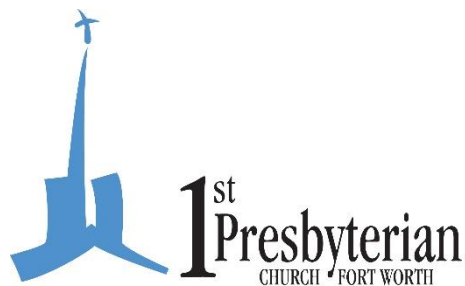
- 1 cup quinoa, uncooked
- 2 cups baby spinach leaves, washed, drained
- 1 large ripe pear, washed, stemmed and cored, cut into pieces
- 1/2 cup chilled chickpeas, rinsed, drained
- 2 tablespoons fresh chopped parsley
- Sea salt and fresh ground pepper, to taste
- A handful of pecans, toasted

Maple Vinaigrette Dressing

- 4 tablespoons extra virgin olive oil
- 3 tablespoons golden balsamic vinegar
- 2 tablespoons pure maple syrup

Method:

- Rinse the quinoa thoroughly in a fine sieve. Place the quinoa in a saucepan or a rice cooker. Add 2 cups water (or broth), and a pinch of sea salt. Cover and cook on a low simmer until all the water is evaporated and the quinoa is tender. About 15 minutes. Fluff with a fork and dump it into a large salad bowl.
- Add remaining ingredients.
- Make vinaigrette: whisk together dressing ingredients. Toss salad & dressing. Season to taste.



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