

SPINACH, CHICKPEA, QUINOA, FETA, PUMPKIN SEED SALAD, TAHINI DRESSING FIT

Serving size: 1 each

Makes 4 servings

Tahini Lemon Dressing

- ¼ cup Tahini Paste
- 2 TBSP Canola Oil
- ¼ cup Water
- 2 TBSP Lemon Juice
- ¼ tsp Salt
- ¾ tsp Black Pepper

Herb Roasted Tomatoes

- 4 ea Plum Tomatoes
- as needed Oil Spray
- 1 tsp Canola Oil
- 2 each Garlic Cloves, chopped
- 1 TBSP Basil, minced
- Salt to taste

Preparation:

Tahini Lemon Dressing

1. In a blender, combine tahini, canola oil, water, lemon juice, salt and pepper. Blend until emulsified and set aside.

Herb Roasted Tomatoes

1. Preheat oven to 450°F. Remove core from the tomatoes and cut each tomato in half. Place tomato halves on a lightly sprayed baking sheet, cut side up.
2. In a skillet over medium low heat, add oil, garlic, basil and salt. Cook for approximately 1-2 minutes or until fragrant. Top each tomato half evenly with the herb mixture. Roast for 8-10 minutes or until heated through. Remove from heat and set aside.

Assemble

1. For each salad, place in a bowl 1 ½ cup spinach, ½ cup cooked quinoa, ¼ cup chickpeas, 2 each roasted tomato halves, 1 TBSP feta cheese, 1 TBSP pumpkin seeds, 1 TBSP parsley, 1 TBSP cilantro, 1 TBSP scallions and 2 TBSP tahini lemon dressing. Repeat for the three other salad portions.

Assemble

- 6 cups Baby Spinach
- 2 cups Cooked Quinoa
- 1 cup Canned Chickpeas, drained (low sodium or no salt added)
- ¼ cup Feta Cheese
- ¼ cup Hulled Pumpkin Seeds
- ¼ cup Parsley, chopped
- ¼ cup Cilantro, chopped
- ¼ cup Scallion, chopped



Registered Dietitian Approved!



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NUTRITION FACTS PER SERVING

calories	450
total fat (g)	25
saturated fat (g)	4
trans fat (g)	0
sodium (mg)	300
total carbohydrate (g)	45
dietary fiber (g)	10
sugar (g)	6
protein (g)	18