



# Spring Quinoa & Veggie Bowl

**Serves:** 1

**Ingredients:**

1 cup cooked quinoa  
Arugula, washed  
Baby spinach, washed  
1 can chickpeas, drained and rinsed  
Cucumbers, chopped  
Red onion, thinly sliced  
Roasted sweet potatoes, cubed  
Roasted beets, chopped  
Crumbled feta cheese  
Chopped pistachios

**Instructions:**

1. Cook quinoa. Once cooked, spread it out on a parchment-lined sheet pan. Drizzle lightly with olive oil, and season with salt. Toast in a 400°F oven until golden and crispy, tossing once or twice. Set aside to cool.
2. For dressing, add Greek yogurt, Dijon mustard, garlic, lemon juice, honey, balsamic vinegar, olive oil, salt and pepper. Blend until smooth and creamy. (You can use a blender or whisk for this step). Taste and adjust seasoning as necessary. Store in a mason jar in refrigerator for up to one week.
3. In a large bowl, combine arugula, baby spinach, chickpeas, cucumbers, red onion, sweet potatoes, beets, feta, pistachios, and crispy quinoa.
4. Top with dressing and enjoy!

Packed with plant-based protein, fiber, and essential nutrients, this healthy quinoa salad recipe is ideal for meal prep, vegetarian diets, or anyone looking for a delicious and wholesome dish.

**Creamy Balsamic Dressing:**

½ cup plain Greek yogurt  
1 tablespoon Dijon mustard  
1 garlic glove  
Juice of 1 lemon  
1 teaspoon honey  
¼ cup balsamic vinegar  
¼ cup good-quality olive oil  
Pinch of salt  
Freshly ground black pepper