

## ***Greek Quinoa & Spinach Salad***

***Total Cost: \$11.73***

***Cost Per Serving (4): \$2.93***



### **Ingredients:**

1/2 cup dry quinoa, rinsed and drained  
1 cup water  
2 roma tomatoes, finely chopped  
1/3 cup (15 oz.) can black beans no salt added, drained and rinsed  
1/2 cup shredded fresh spinach  
1/3 cup green onions, finely chopped  
2 small ripe avocados or one large, chopped  
1/6 cup feta cheese, crumbled  
2 tablespoons lemon juice  
2 tablespoons olive oil  
1/2 teaspoon salt

### **Nutrition Per Serving:**

Calories 333 · Fat 20g · Protein 10g  
Carbohydrate 32g · Fiber 9g · Sodium 120mg

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## Directions

- ⇒ **1.** Combine cooked quinoa and water in a small pot. Bring to a boil and reduce heat. Simmer, covered, 15 minutes or until all liquid is absorbed
- ⇒ **2.** Transfer quinoa to a medium bowl. Add tomato, spinach, green onions, avocado, and feta cheese; stir to combine
- ⇒ **3.** In a small bowl, whisk lemon juice, oil, and salt. Add to quinoa mixture and toss to combine

**\*\*Serve right away or chill in the refrigerator and serve cold.**

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