Lentil Quinoa Salad with Citrus

Ingredients:

1/2 cup dry lentils
1/2 cup dry quinoa
1/4 cup red onion, diced
2–3 clementines, segmented
1 avocado, diced
1/2 cup grape tomatoes, halved
1/4 cup fresh parsley, chopped
1/4 cup raw pecans
4 cups spinach

For the vinaigrette dressing:
1/4 cup unsweetened applesauce
2 tablespoons balsamic vinegar
1 tablespoon lemon juice
1 tablespoon Dijon mustard
Pinch of salt and pepper, to taste

Nutrition Facts
Serving Size 1 cup (258g)
Servings Per Container 4

Amount Per Serving	
Calories 340	Calories from Fat 130
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 12g	**48%**
Sugars 8g	
Protein 12g	

Vitamin A 90% • Vitamin C 80%
Calcium 10% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Prepare lentils and quinoa according to package instructions.
2. Whisk all dressing ingredients together and set aside.
3. Mix all salad ingredients, except the spinach, in a medium bowl.
4. When ready to serve, add 1 cup spinach to individual bowl and top with lentil quinoa mixture. Drizzle with dressing. Enjoy!

Note: Store spinach, lentil quinoa mixture, and dressing separately, if you have leftovers.

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