



TRI-COLOR QUINOA SALAD

with Apple, Eggplant, and Honey Vinaigrette

PREP: **5 MIN**
TOTAL: **35 MIN**

LEVEL 1

GLUTEN FREE

DAIRY FREE

VEGGIE



HELLO

TRI-COLOR QUINOA

Fluffy white, chewy red, and earthy black quinoa

INGREDIENTS:

- Eggplant
- Autumn Spice Blend
- Tri-Color Quinoa
- Shallot
- Dried Cranberries
- Sherry Vinegar
- Honey
- Honeycrisp Apple
- Spring Mix
- Walnuts (Contains: Tree Nuts)

FOR 2 PEOPLE:

- 1
- 1 tsp
- ½ Cup
- 1
- 1 oz
- 2 TBSP
- 1 tsp
- 1
- 2 oz
- 2 oz

FOR 4 PEOPLE:

- 2
- 2 tsp
- 1 Cup
- 1
- 2 oz
- 4 TBSP
- 2 tsp
- 2
- 4 oz
- 4 oz

NUTRITION PER SERVING

698 cal | Fat: 41 g | Sat. Fat: 5 g | Protein: 13 g | Carbs: 71 g | Sugar: 28 g | Sodium: 18 mg | Fiber: 14 g

START STRONG

Rinse the quinoa in a mesh strainer before cooking. It'll remove the grain's natural outer coating, which can sometimes taste bitter.



BUST OUT

- Baking sheet
- Peeler
- Whisk
- Strainer
- Olive oil (3 TBSP | 6 TBSP)
- Medium pot
- 2 Small bowls
- Large bowl



1 PREHEAT OVEN AND ROAST EGGPLANT

Wash and dry all produce.

Preheat oven to 425 degrees. Trim top of **eggplant**, then dice rest into ½-inch cubes. Toss on a baking sheet with **1 TBSP olive oil** and the **autumn spice blend**. Season with **salt** and **pepper**. Roast until golden brown and softened, 20-25 minutes.

2 COOK QUINOA

Bring **1¼ cups salted water** to a boil in a medium pot. Once boiling, add **quinoa**. Reduce to a simmer, cover, and cook until tender, 12-15 minutes.

3 PREP REMAINING INGREDIENTS

Halve, peel, and mince **shallot**. Place **cranberries** in a small bowl with enough hot water to cover them. Combine minced **shallots** and **sherry vinegar** in another small bowl to marinate.



4 MAKE VINAIGRETTE

Whisk together **2 TBSP olive oil** and **honey**. Season with **salt** and **pepper**. Pour in **1 TBSP sherry vinegar** from marinating **shallots** and as much of the shallots as you like (we recommend 2 tsp).

5 CHOP APPLE AND DRAIN QUINOA

Core and dice **apple** into ½-inch cubes. Fluff cooked **quinoa** with a fork. Drain any excess liquid.

6 ASSEMBLE SALAD

Toss **quinoa** in a large bowl with roasted **eggplant**, **apple** cubes, and **spring mix**. Add in additional marinated **shallots** (to taste). Drain **cranberries** and toss into **salad**. Season to taste with **salt** and **pepper**. Divide between plates, and top with **walnuts**.

DELECTABLE!

Recreate the spice blend with 1 part cinnamon, 1 part cloves, and 8 parts cumin.

