



# Healthy HARVEST

## Triple Berry Quinoa Salad

*Serves 4 as a small side or 2 as a bigger side*

### **Ingredients:**

- ½ cup each fresh raspberries, black berries and strawberries, washed
- 1 package cooked quinoa (or about 2 cups cooked quinoa)
- ½ package of mixed spring greens
- ¼ cup your favorite nut! (I'm using chopped pecans- walnuts, almonds, cashews would be good, too!)
- Prepared balsamic dressing, to taste (I'm using bolthouse farms)

***This salad is very customizable. Feel free to swap any greens, add in blueberries, add some cheese (goat cheese or feta would be great!)***

***Turn this into more of a meal by adding some grilled chicken, or grilled salmon, or even garbanzo beans. A raspberry vinaigrette would be great with this, too!***

### **Directions:**

1. Place the greens in a large mixing bowl.
2. Slice up the strawberries (and blackberries if they're big!) and place them along with all the other berries into the bowl.
3. Toss in the quinoa (you can either have the quinoa warmed or cold! Whatever you prefer).
4. Sprinkle in some of the nuts (if using).
5. Add just a little of the dressing, tossing to coat. Add more dressing as desired after serving into dishes. Enjoy!