

### EWG's Tip:

Take this salad base and try different variations! Add in the optional ingredients like garbanzo beans or golden raisins, serve the salad on top to arugula or mixed greens, or try adding different nuts.



## Lemony Quinoa with Pine Nuts and Spinach

- 1 cup uncooked quinoa
- 2 cups water (or use 1 cup vegetable broth and 1 cup water for additional flavor)
- 2 to 3 tsp fresh turmeric\*
- Sea salt
- ½ cup pine nuts, toasted
- 2 tsp lemon zest, grated
- ½ cup fresh flat leaf parsley, chopped
- 2 cups raw spinach, sliced thinly
- Garbanzo beans (optional)
- Golden raisins (optional)
- 1 tsp ground cumin
- ½ tsp sea salt
- ¼ cup fresh lemon juice
- ¼ cup olive oil
- Black pepper, freshly ground, to taste

Serves 6

**This signature Kale & Chocolate recipe just happens to make its way into my family's rotation almost every week.** Loaded with plant-based protein and a winning combination of flavors, this gluten-free and easy-to-make dish can be served as a main course, alongside an entree or tossed into a salad the next day. Nutritious food never tasted so delicious.

In a small pot, add quinoa, water and salt. If using the optional fresh turmeric, add into the water. Bring to a boil, cover, and simmer for 15 minutes or until all the water is absorbed. **While the quinoa is cooking, slice the spinach and parsley, toast the pine nuts and grate the lemon zest.** Let the quinoa sit covered for an additional 5 minutes before removing the lid. Allow the quinoa to cool slightly (at least 20 minutes) before transferring to a serving bowl with toasted pine nuts, lemon zest and parsley. Place the sliced, raw spinach on top of the quinoa mixture. Add in garbanzo beans and/or golden raisins if using.

**In a separate bowl, whisk together lemon juice, cumin, salt and pepper.** Slowly add in olive oil to form an emulsion. Pour the dressing on top of the quinoa bowl, moistening all the ingredients. Add additional salt and pepper to taste. Mix well.

**Serve this nourishing and delicious dish slightly warm or at room temperature. Enjoy!**

\*Note: Add 1 teaspoon of dried turmeric to the cooked quinoa prior to mixing with the other ingredients as an alternative to the optional fresh turmeric. (Choose one or the other.)



**Elise Museles** is an attorney turned Certified Eating Psychology and Nutrition Expert, and is the creator of Kale & Chocolate ([kaleandchocolate.com](http://kaleandchocolate.com)). She empowers people to reset their relationship with food and their bodies — by creating a happy, healthy and ridiculously delicious Food Story. Elise is also the author of the book “Whole Food Energy” and shares daily inspiration (and mouth-watering photos) on Facebook and Instagram.