Spring Vegetable Quinoa Salad
Serves 4
Ingredients

- 2 1/2 cups fresh asparagus, cut diagonally into 1-inch pieces
- 1/2 cup frozen green peas
- 3 center-cut bacon slices, chopped
- 3 tablespoons cider vinegar
- 1 tablespoon unsalted butter
- 2 teaspoons whole-grain Dijon mustard
- 1 3/4 cups Ginger-Coconut Quinoa
- 1 teaspoon black pepper
- 1/2 cup chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh tarragon
- 1 tablespoon fresh thyme leaves
- 5 ounces baby spinach
- 3 tablespoons sliced almonds, toasted

Directions
1. Bring a large saucepan filled with water to a boil. Add asparagus and peas; boil 2 minutes. Drain. Plunge into a bowl of ice water; drain.
2. Cook bacon in a large skillet over medium-high heat 4 minutes, stirring occasionally. Remove bacon from pan with a slotted spoon; set aside.
3. Add vinegar, butter, and Dijon mustard to drippings in pan, stirring with a whisk until butter melts.
4. Add quinoa and pepper to pan; cook 1 minute. Place quinoa mixture in a medium bowl; add asparagus mixture, parsley, tarragon, thyme, and spinach, tossing to combine.
5. Divide quinoa mixture among 4 plates; sprinkle evenly with reserved bacon and almonds.

Nutrition facts per serving: 266 Calories, 10.1 g fat (2.9 g saturated), 33 g carbs, 7 g fiber, 13 g protein

Spinach and Feta Quiche with Quinoa Crust
Serves 4
Ingredients

CRUST:
- 2 cups cooked quinoa, chilled
- 1/8 teaspoon freshly ground black pepper
- 1 large egg, beaten
### FILLING:

- 1 teaspoon canola oil
- 1/2 onion, thinly sliced
- 1 (5-ounce) bag baby spinach
- 1/2 cup 1% low-fat milk
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper
- 4 large eggs
- 2 large egg whites
- 1.5 ounces feta cheese, crumbled

### Directions

1. For the crust, preheat oven to 375°.

2. Combine quinoa, pepper, and egg in a bowl, stirring well. Press mixture into bottom and up sides of a 9-inch pie plate coated with cooking spray. Bake at 375° for 20 minutes; cool.

3. For the filling, heat a nonstick skillet over medium heat. Add oil and onion; sauté 3 minutes. Add spinach; sauté 3 minutes. Remove from heat; cool.

4. Combine milk and next 5 ingredients in a bowl; stir with a whisk. Arrange spinach mixture in crust; pour egg mixture over spinach. Sprinkle with feta. Bake at 375° for 35 minutes. Let stand 5 minutes; cut into 4 wedges.

**Nutrition facts per serving:** 282 Calories, 11.6 g fat (3.8 saturated), 28 g carbs, 5 g fiber, 17 g protein

### Quinoa Coconut Chocolate Chunk Cookies

**Serves 32 cookies**

**Ingredients**

- 1 cup whole-wheat flour
- 1 cup old-fashioned oats ground
- 1/2 teaspoon kosher salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 cup coconut oil melted
- 1/4 cup nonfat Greek yogurt
- 2/3 cup brown sugar packed
- 2 large eggs
- 1 tablespoon vanilla extract
- 1 cup cooked quinoa cooled
- 1/2 cup chocolate melts or chocolate chunks
• 1/4 cup shredded coconut optional

**Directions**

1. Preheat oven to 375F. Line two baking sheets with parchment paper or silicone baking liners.
2. In a medium bowl, whisk together whole-wheat flour, oats, salt, baking powder, and baking soda. Set aside.
3. In a large bowl, stir together coconut oil and Greek yogurt until combined.
4. Stir in brown sugar until well-combined.
5. Add eggs and vanilla, and stir in.
6. Stir in quinoa until incorporated.
7. Add dry ingredients, and stir until just combined (it will be thick).
8. Stir in chocolate chunks and coconut, if using, until just combined.
9. Using a medium cookie scoop (1-1/2 tablespoon), drop scoops about 2 inches apart on prepared baking sheets.
10. Bake about 8-10 minutes, or until set and very lightly golden brown.
11. Let cookies cool for 5 minutes on baking sheet, and then remove to a wire rack to finish cooling.