

Pear-Quinoa Salad with Maple Vinaigrette

makes 6-side dish or 4-main dish servings

Ingredients:

Salad:

2 cups reduced-sodium chicken or vegetable broth

1 cup quinoa (rinsed if necessary)

2 ripe but firm pears, diced

2 handfuls baby spinach, washed and drained

handful dried cranberries

2 tablespoons fresh chopped parsley

1/2 cup coarsely chopped walnuts or pecans, toasted

1/4 teaspoon salt

1/4 teaspoon pepper

Dressing:

4 tablespoons extra virgin olive oil

3 tablespoons balsamic vinegar

2 tablespoons pure maple syrup (the real thing, please!)

Directions:

1. Bring broth to a boil in a large saucepan. Stir in quinoa and reduce heat to low. Cover and cook until the liquid is absorbed, about 15 minutes. Fluff with a fork.

2. Whisk olive oil, balsamic vinegar, and maple syrup together. Set aside.

3. In a large bowl combine diced pears, spinach, and parsley. Pour dressing over and toss to combine. Add quinoa, dried cranberries, walnuts, salt & pepper, and gently combine. Serve warm or at room temperature.