

Summer Salad with Plums, Fresh Raspberries, Quinoa, Spinach and Almonds

Ingredients

2 tsp. Lemon Juice	1-2/3 tbsp. Oil, Olive, Extra Virgin
1 tbsp. Rice Wine Vinegar	3-2/3 ounce Cooked Quinoa
1 tsp. Dijon Mustard	2 tbsp. Almonds, sliced, toasted
3/4 tsp. Poppy Seeds	2 Plums, Fresh
1 tsp. Honey	2 cups Baby Spinach, Fresh
1/2 cup Raspberries	

Preparation

1. In a mixing bowl combine the lemon juice, rice wine vinegar, dijon, poppy seeds and honey. While whisking slowly pour in the olive oil until it is fully incorporated. Set aside, label, date, wrap and refrigerate dressing until ready to assemble salad.
2. Prepare quinoa and cool the quinoa completely before assembling salad.
3. Slice each plum into 8 wedges and discard the pit (seed). Toss the spinach with the plums, almonds, cooled quinoa and lemon Vinaigrette Portion 1 cup of the salad and top each one with a 1/8 cup of raspberries.



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