



Cranberry Apple Pecan Quinoa Salad

Jacob · 28/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

6

Description

A beautiful and light take on a fall salad The tastes mix well together and it can be served hot or cold I like to pair it with Dijoncrusted salmon

Ingredients

- - 1 ½ cups chicken broth - 1 cup quinoa
- rinsed - 3 tablespoons olive oil - 1 ½ tablespoons Dijon mustard - 1 teaspoon maple syrup
- or more to taste - ¼ teaspoon ground cinnamon - salt and ground black pepper to taste - 1 large crisp apple
- chopped into small pieces - 1 cup pecan pieces - ½ cup dried cranberries - ½ cup grated Parmesan cheese (Optional)

Instructions

1. Stir chicken broth and quinoa together in a saucepan; bring to a boil
2. reduce heat to low
3. place cover on the saucepan
4. and cook until the broth is absorbed
5. about 10 minutes. Remove saucepan from heat and fluff with a fork. Whisk olive oil
6. Dijon mustard
7. maple syrup
8. and cinnamon together in a bowl; season with salt and pepper. Drizzle sauce over the quinoa; stir. Add apple pieces
9. pecan pieces
10. cranberries
11. and Parmesan cheese; stir. Return cover to the saucepan and let the mixture steam until the sauce warms and the apples soften slightly
12. 5 to 10 minutes. Cook's Note: If you would like to serve the salad cold
13. you can prepare the recipe the same way
14. but don't add the sauce
15. cranberries
16. apples
17. and pecans until the quinoa has cooled. Then
18. mix all together in a bowl and refrigerate for at least 30 minutes.