



## Healthy Holiday Treats by Jessica Van Roo

# Spinach Quinoa Salad with Carrot Miso Dressing

### Ingredients

Serves 3-4

#### For Dressing

- 1/2 cup sweet white miso
- 1/3 water, or more as needed
- 4 tablespoons grapeseed or olive oil
- 1/4 cup (packed) finely grated peeled carrot
- 1 tablespoon finely grated peeled ginger
- 4 cloves garlic
- 3 tablespoons unseasoned rice vinegar
- 4 teaspoons toasted sesame seeds
- 1 tablespoon sesame oil
- 2 teaspoons honey
- 1 teaspoon soy sauce, more to taste

#### For Salad

- 1 cup cooked quinoa
- 3/4 cup cooked chickpeas, drained
- 1/2 cup shelled edamame
- 1/4 cup sunflower seeds
- 3/4 cup dried cranberries
- 1 small carrot, grated
- 1 cucumber, peeled and diced
- 8 oz. of baby spinach
- 1 pint cherry tomatoes

#### Directions

- 1) **For salad:** combine all the salad ingredients, toss with dressing before serving.
- 2) **For dressing:** Combine all the dressing ingredients together in a blender and mix until well blended.

