

# Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



## Clean Eating Recipe of the Month

### Dawn's Chick Pea, Quinoa and Yam Salad

#### Ingredients

##### DRESSING

- 3 tbsp white balsamic vinegar
- 1 tbsp dijon
- 1 tsp honey
- 2 cloves garlic, crushed
- 1/2 tsp pepper
- 1/2 cup olive oil

##### SALAD

- 1/2 c. quinoa
- 1 1/2 cups yam, peeled and cut into 1/2 inch cubes
- 1 tbs olive oil
- 1/2 tsp pepper, cracked
- 1/2 tsp salt
- two 14 oz cans chickpeas, rinsed and drained
- 1 carrot, peeled and grated
- 1 red pepper diced
- 1/2 c. sunflower seeds, toasted
- 1 c. spinach, chopped coarsely
- 1/2 c. parsley, chopped
- 1/2 c. feta cheese, crumbled



#### Instructions

Whisk together vinegar, dijon, honey, garlic, pepper and olive oil in small bowl and set aside. Place quinoa and 3/4 c. cold water in a medium saucepan and bring to a boil. Immediately reduce to low heat and simmer for 15 minutes or until tender. Turn heat off, leaving lid on, and let stand 5 minutes. Cool quinoa on a baking sheet. Roast yam in 350 degree (176 C) oven until just tender, about 20 minutes (I tossed in oil lightly). Place chickpeas, grated carrots, red pepper, sunflower seeds, spinach, parsley, feta, cooked quinoa and yams in a large bowl. Pour dressing over all ingredients in bowl and toss gently until mixed well.

**Healthy Living Program** ~ creating body, mind and spiritual health for life!

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Fitness & Health

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