lemon pistachio quinoa salad

featured product:
baby arugula

fresh, crunchy, and packed with protein—this quinoa salad checks every box.

tossed with peppery arugula, avocado, feta, pistachios, and a zippy lemon dijon dressing—this mediterranean-inspired salad works as a side or a main dish.

ingredients

salad:
1 cup cooked quinoa
1 clamshell **organicgirl baby arugula**
? cup feta cheese
1 avocado, sliced
½ red onion, thinly sliced
3 sprigs basil, chopped
¼ cup chopped pistachios

lemon dijon dressing:
juice of 2 lemons
1 tablespoon dijon mustard
? cup avocado oil
2 teaspoons maple syrup
1 teaspoon worcestershire sauce
½ teaspoon sea salt

directions

1. cook the quinoa according to package instructions and let it cool.

2. in a small bowl or jar, whisk together the lemon juice, dijon mustard, avocado oil, maple syrup, worcestershire sauce, and sea salt until fully combined.

3. add the arugula to a large bowl, then top with the cooked quinoa, feta cheese, sliced avocado, red onion, basil, and chopped pistachios.

4. drizzle the dressing over the salad and toss gently until everything is evenly coated.

5. serve immediately and enjoy.