

SALADS

Quinoa with Spinach and Feta

Makes 6 servings · about 1 cup each

SATIETY SCORE	NUTRITION
4 / 5	HIGH
Per serving (approx.): Protein 7 g · Fiber 5 g · Calories 210	

Ingredients

- 1 Tbsp avocado oil
- ¼ cup red onion, chopped
- 3 garlic cloves, minced
- 1 cup quinoa
- 1 cup vegetable stock
- 1 cup water
- 1 avocado, cut into bite-sized pieces
- 1 cup cherry tomatoes, halved
- 4 cups fresh spinach, chopped
- ½ cup feta cheese
- 1 lemon, juiced
- ¼ tsp cracked black pepper

Directions

1. Warm the oil in a pan over medium heat and sauté the onion and garlic 3–4 minutes.
2. Add the quinoa, stock, and water; stir, cover, and simmer 20 minutes, until tender. Let cool completely.
3. Add the avocado, tomatoes, spinach, feta, lemon juice, and pepper; mix thoroughly.
4. Store in the refrigerator until ready to serve.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 medium red onion (about ¼ cup chopped)
- ☐ 3 garlic cloves
- ☐ 1 avocado bite-sized pieces
- ☐ 1 pint cherry tomatoes
- ☐ 1 bag (5 oz) spinach (about 4 cups)
- ☐ 1 lemon, juiced

DAIRY & EGGS

- ☐ ½ cup feta cheese

PANTRY & DRY GOODS

- ☐ 1 cup cooked quinoa
- ☐ 1 cup vegetable stock

CHECK YOUR PANTRY

- ☐ Avocado oil
- ☐ Black pepper