

Spinach Salad with Indian-Spiced Chickpeas, Apricots, and Onions

START TO FINISH 20 minutes

- ¼ extra virgin olive oil
- 2 cloves garlic, minced
- 2 15-oz. cans chickpeas (garbanzo beans), rinsed and drained
- 3 Tbsp. lemon juice
- 2 tsp. packed brown sugar
- 2 tsp. ground cumin
- 1½ tsp. garam masala
- 1 tsp. ground coriander
- ¼ tsp. ground cinnamon
- ¼ tsp. cayenne pepper
- 2 5-oz. pkg. fresh baby spinach
- ¾ cup dried apricots, cut into slices
- ½ small red onion, thinly sliced

Toasted pappadams or other flatbread (optional)

1. In a large skillet heat olive oil over medium heat. Add garlic; cook 1 minute. Remove skillet from heat. Add next eight ingredients (through cayenne pepper). Bring just to a simmer. Cover skillet and remove from heat.

2. In a large bowl combine spinach, apricots, and red onion; toss to combine. Add warm chickpea mixture; toss to combine. If desired, top with broken pieces of toasted pappadams.

Makes 6 servings.

PER SERVING 339 cal., 11 g fat (1 g sat. fat), 0 mg chol., 325 mg sodium, 53 g carb., 9 g fiber, 9 g pro.

Honey-Soaked Quinoa Salad with Cherries and Cashews

PREP 30 minutes COOK 10 minutes
STAND 10 minutes

- ¼ cup honey
- 2 Tbsp. grated fresh ginger
- 2 Tbsp. white wine vinegar
- 2 Tbsp. lime juice
- 1 small clove garlic, minced
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- ¼ cup olive oil
- 1 cup water
- ¾ cup uncooked quinoa, rinsed
- ¼ tsp. salt
- 1 cup dark sweet cherries, pitted and halved, or red seedless grapes, halved
- ½ cup whole cashews, coarsely chopped
- ½ cup dried apricots, cut into thin slivers
- ¼ cup thinly sliced red onion
- 1 small head butterhead (Boston or Bibb) lettuce, torn (4 cups)

1. For honey vinaigrette, in a small bowl whisk together honey, ginger, vinegar, lime juice, garlic, ¼ tsp. salt, and pepper. Drizzle in oil, whisking constantly, until well mixed.

2. In a medium saucepan combine the water, quinoa, and ¼ tsp. salt. Bring to boiling; reduce heat. Simmer, covered, 10 minutes or until liquid is absorbed. Remove from heat; let stand 10 minutes.

3. Fluff quinoa with a fork. In a large bowl combine quinoa, cherries, cashews, apricots, and onion; toss to mix. Add lettuce; drizzle with ½ cup of the honey vinaigrette. Toss again. Pass remaining honey vinaigrette. Makes 4 servings.

PER SERVING 372 cal., 17 g fat (3 g sat. fat), 0 mg chol., 230 mg sodium, 52 g carb., 5 g fiber, 9 g pro.

Couscous Variation Prepare as directed, except use 1¼ cups water and substitute ¾ cup couscous for the quinoa. In a small saucepan bring the water and salt to boiling. Add couscous; remove from heat. Cover and let stand 5 minutes. Fluff with fork. Add to salad with the fruit.



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