# Spinach Quinoa Salad with Carrot Miso Dressing

**Healthy Holiday Treats by Jessica Van Roo**

## Ingredients

**Serves 3-4**

### 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

### For Dressing
- 1/2 cup sweet white miso
- 1/3 cup 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

## 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.

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Created, cooked, and provided by **Culinary Chef Jessica Vanroo** at Health & Fitness Fridays workshop on November 16, 2012