

Recipes makes: 8.5 Servings (8oz each)



Ingredients-

- ♥ 1 head of cauliflower, broken into florets
- ♥ 1 C. rinsed, **D'Avolio Tricolored Quinoa**
- ♥ ½ C. chopped roasted peppers
- ♥ ¼ C. chopped green olives
- ♥ ¼ C. golden raisins
- ♥ ¼ C. roasted, unsalted almonds (or cashews, or pine nuts)
- ♥ 1 Tbsp capers
- ♥ 1 Tbsp chopped parsley
- ♥ 12 oz frozen spinach, defrosted and wrung dry
- ♥ 1 ½ C. low sodium chicken broth
- ♥ 1 ½ Tbsp **D'Avolio Chipotle Oil**

PREPARATION:

1. On a lightly oiled baking sheet, lay out the cauliflower florets, cut side down when possible.
2. Roast at 425 for 20-25 minutes until lightly browned.
3. While cauliflower is roasting, cook quinoa by bringing 1 ½ C. low sodium chicken broth to a boil in a small pot, add 1 C. of quinoa, and lower heat to a simmer and cover until liquid is absorbed (about 12-14 minutes).
4. Once quinoa and cauliflower are cooked, place in a large bowl and toss with spinach, olives, peppers, golden raisins, and parsley.
5. Drizzle with Chipotle Oil and toss with almonds.
6. Enjoy!

Nutrition Facts	
Serving Size: 8 oz	
Servings: 8.5	
Amount Per Serving	
Calories 180	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 4g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber 6g	22%
Sugars 5g	
Protein 8g	
Vitamin A 100%	Vitamin C 80%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	