



Watermelon Quinoa Chia Summer Salad

This tastes so great, you won't believe how healthy it is! Watermelon gives its sweet summery flavor to the ingredients in this cold salad. With sweet strawberries & melon adding great flavor, you'll love the taste while two of the healthiest grains in the world (Chia & Quinoa) make sure your body loves the nutrients.

Dry Ingredients

- 1 cup strawberries
- 2 cups watermelon (cubed)
- 3/4 cup mozzarella cheese
- 2 tbsp chopped onion
- baby spinach or mixed garden greens
- 1/2 cup quinoa
- 2 tbsp dry MySeeds Chia
- 2 tbsp finely chopped fresh mint

Wet Ingredients

- 1 tbsp Apple Cider Vinegar
- 1 tbsp orange juice concentrate

Prepare the quinoa first, according to package directions, except add 1 tablespoon orange juice concentrate to the water while cooking. Once the quinoa is cooked, stir in 1 tablespoon apple cider vinegar. Once mixed, stir in the dry chia, and the seeds will cling among the grains. While this cooks, you can prepare the other ingredients.

First, cut the watermelon into cubes, removing any seeds. Slice the strawberries into bite-size pieces. Cut the mozzarella into small cubes, and dice the red onion. Finely slice the fresh mint.

Prepare your plates by laying down a bed of baby spinach leaves or colorful garden greens. In a large bowl, stir all other ingredients together to combine. The quinoa & chia will cling to the larger chunks of melon, cheese & strawberry. Scoop the mixture over the greens, and you're ready to serve.

Quinoa - Great Grain

Quinoa is another ancient grain that's great for you. It is gluten free, and the flavor is extremely mild. This mild flavor makes it perfect for adding to seasoned dishes like this one. It can easily take on the flavors of juices or seasonings you cook it in. It has a fluffy texture, but is hearty and filling, as well as high in protein.

Quinoa has iron, phosphorus, amino acids including riboflavin, fiber & magnesium. The protein in quinoa can be as high as 12% in certain varieties--great for a staple grain! Versatile, mild and very healthy...consider substituting quinoa in almost any rice dish you already like to make.

