

Quinoa Arugula Salad (Follicular)

2 cups arugula
3/4 cup cooked Quinoa
1/3 cup chopped artichoke hearts
1/3 cup chickpeas (about half a can)
1 Tbsp diced red onion diced (optional)
1-2 Tbsp capers
Feta cheese

Champagne Vinaigrette Dressing
1/3 cups champagne vinegar
1-2 Tbsp shallots, diced
2 teas honey mustard
Salt and pepper
1/3 cup avocado oil

Combined the all the ingredients for the vinaigrette except for the oil. Stir well and continue to stir as you add in the oil. Set aside. Place arugula in bowl, then quinoa, chickpeas, artichoke hearts, capers and red onion if using. Add dressing and gently fold together. Top with feta cheese and enjoy!

Best for the Follicular phase.

