

Citrus Arugula Salad with Quinoa and Cranberries

Prep time:

15 minutes

Cooking time:

20 minutes

Yields:

4 people

Ingredients:

For the salad and toppings:

1 onion, diced

Salt

1 cup quinoa, cooked

4 cups arugula

1/2 cup dried cranberries

1/2 cup sliced almonds, toasted

For the dressing:

1/2 orange, juiced

1/2 lime, juiced

2 teaspoons maple syrup

1/4 cup extra-virgin olive oil

Salt and freshly ground black pepper

Directions:

In a wide sauté pan over medium heat spray with cooking spray and add onion and sprinkle lightly with salt. Cook, adding water and stirring occasionally, until the onion has darkened to a toasty brown and smells caramelized — about 20 minutes. Remove from the heat and set aside. You should have about 1/2 cup of cooked onions. (This can be done up to 3 days ahead of time, and the onions can be refrigerated.)

Make the dressing: Whisk the juices together (you should have about 1/4 cup total of juice, or a little less). Whisk in the maple syrup and olive oil. The dressing will be emulsified but still thin.

Assemble the salad: Combine all ingredients and mix well.