



## baby spring mix, quinoa & pea salad

cook time:  
15

prep time:  
15

featured product:  
**baby spring mix**

pack some extra protein into your salad with this baby spring mix, pea and quinoa salad recipe! this salad is packed with protein and high in fiber. fluffy quinoa adds a delicious nutty flavor, while lemon zest and feta cheese bring a zing! this recipe is perfect for a quick weeknight dinner or as a side salad.



### ingredients

1 serving

- 1 cup of [organicgirl@baby spring mix](#) ?
- 2 ounces of feta cheese, crumbled
- 2 cups of low-sodium vegetable stock
- 1/4 cup of fresh mint leaves
- 2 1/2 teaspoons of coarse sea salt
- 2 teaspoons of finely grated lemon zest
- 1 cup of quinoa
- 1/4 cup of avocado oil
- 3/4 cup of english peas
- 1/2 teaspoon of fresh ground pepper

### substitutions

? *substitute with* [spring mix plus](#)

### directions

1. in a medium saucepan, bring the vegetable stock and 1/2 teaspoon of salt to a boil. add the quinoa, reduce heat to simmer, cover and cook for 14 minutes. transfer to a bowl and cool for about ten minutes.
2. in a medium saucepan, bring 3 cups of water and the remaining salt to a boil. blanch peas for one minute. drain and immediately transfer to an ice bath to retain color and crispness.
3. add peas and remaining ingredients to quinoa. toss with oil, salt and pepper and serve.