

Food Babe's Winter Warm Quinoa Salad



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	10 mins	20 mins	4

<https://foodbabe.com/winter-warm-quinoa-salad>

Ingredients:

- 1 cup quinoa, cooked
- ½ cup yellow onion, chopped
- ¼ teaspoon red pepper flakes
- 2 cups tomato sauce
- 6 cups arugula
- 2 ounces raw parmesan cheese, grated

Instructions:

1. Preheat a skillet on medium.
2. Cook onions about 3 minutes.
3. Pour sauce and red pepper into pan and heat sauce with onions well ~ 3 minutes.
4. Combine cooked quinoa into sauce and cook ~ 2 minutes.
5. Add arugula and let arugula slightly wilt ~ 1-2 minutes.
6. Sprinkle with parmesan cheese and serve hot.

Notes:

- Please buy all organic ingredients if possible