



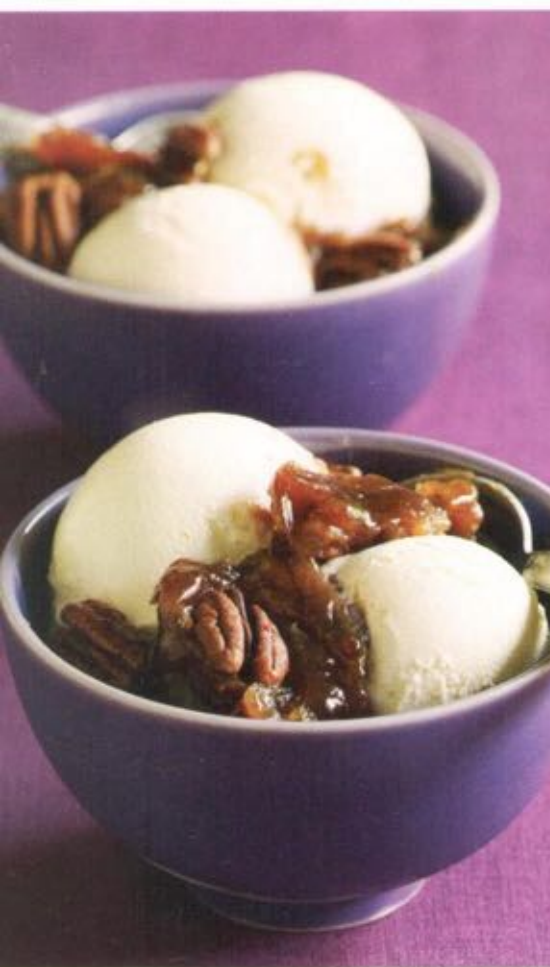
Citrus, quinoa, and spinach salad

Sara Forte, DANA POINT, CA
SERVES 4 TO 6 | 20 MINUTES

- 1/2 cup quinoa
- Zest and juice of 1/2 lemon
- 1 1/2 tbsp. olive oil
- 1/2 tsp. red chile flakes
- 1/4 tsp. kosher salt
- Pinch of pepper
- 6 oz. baby spinach
- 1/4 cup sliced green onions
- 1/4 cup crumbled feta cheese

Cook quinoa according to package directions. Meanwhile, whisk together zest, juice, oil, chile flakes, salt, and pepper in a large bowl. Add spinach and onions. Mix in warm quinoa and sprinkle top of salad with feta.

PER 1 1/2-CUP SERVING 169 CAL., 44% (75 CAL.) FROM FAT; 5.5 G PROTEIN; 8.4 G FAT (2.3 G SAT.); 20 G CARBO (3.8 G FIBER); 294 MG SODIUM; 8.3 MG CHOL.



Brown sugar and brandy date sauce

SERVES 4 | 15 MINUTES

- 1/4 cup unsalted butter, cut into chunks
- 1/4 cup packed light brown sugar
- 1/4 tsp. cinnamon
- 1/8 tsp. kosher salt
- 1 1/2 cups halved and pitted Medjool dates
- 1/4 cup brandy
- Vanilla ice cream
- Toasted pecan halves

1. Melt butter with sugar, cinnamon, and salt in a medium frying pan over high heat. Add dates and 1/2 cup water and cook until mixture is simmering and comes together into a sauce, about 5 minutes.

2. Remove pan from heat and carefully add brandy. Stir to combine. Serve over scoops of vanilla ice cream with pecans.

PER 1 1/2-CUP SERVING DATE SAUCE 297 CAL., 34% (102 CAL.) FROM FAT; 0.9 G PROTEIN; 12 G FAT (7.3 G SAT.); 43 G CARBO (2.7 G FIBER); 68 MG SODIUM; 31 MG CHOL. ■