



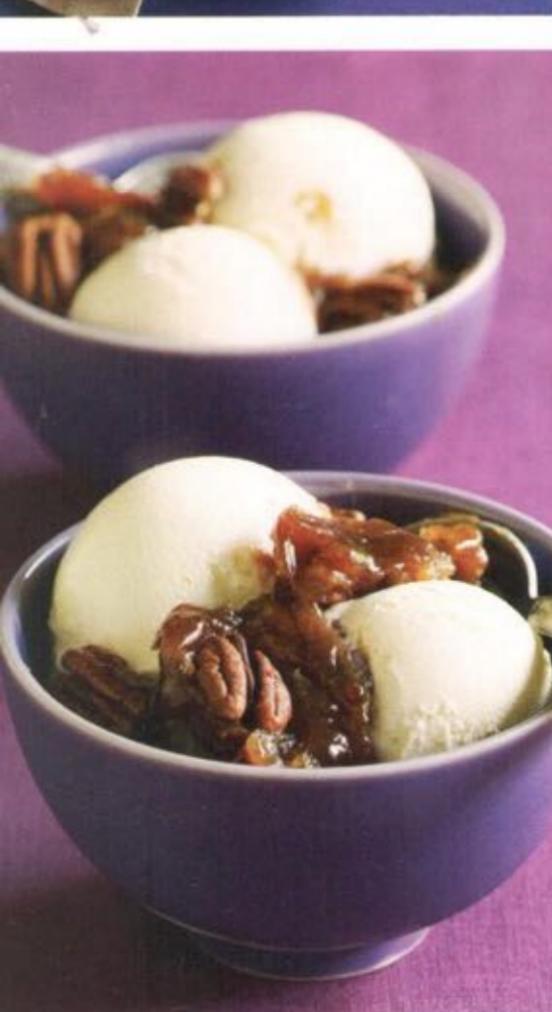
## Citrus, quinoa, and spinach salad

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 1/2-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. ■