Quinoa Salad with Pears, Baby Spinach, and Chickpeas in Maple Vinaigrette

**Ingredients**, serves 4-6

1 cup uncooked quinoa  
3 cups spinach, trimmed and washed  
1 large pear, washed, stemmed, cored, cut into pieces  
½ cup chickpeas  
½ cup pecans  
2 tbsp parsley  
Salt and pepper to taste

**Dressing**

4 tbsp olive oil  
2 tbsp balsamic vinegar  
2 tbsp maple syrup

**Directions**

1. Rinse the quinoa thoroughly in a fine sieve.  
2. Place the quinoa in a saucepan or a rice cooker.  
3. Add 2 cups fresh water, and a pinch of sea salt.  
4. Cover and cook on a low simmer until all the water is evaporated and the quinoa is tender—roughly 20 minutes.  
5. Fluff with a fork and dump it into a large salad bowl.  
6. Add the baby spinach, pear, chick peas, and chopped parsley to the quinoa and fluff.  
7. Whisk together the vinaigrette, pour it over the quinoa salad and toss gently to coat.  
8. Season to taste with sea salt and ground pepper.  