



Chia Teff Salad with Lemon Scallion Dressing

Recipe type: Appetizer
Prep time: 10 mins
Total time: 10 mins
Serves: 4

Gluten-Free and Vegan

Ingredients

- 1 large yellow summer squash , cut into 1/2 inch pieces
- 2 cups cooked teff (gluten-free grain)
- 1 cup steamed spinach
- 2 scallions, thinly sliced
- 1/2 medium red onion, thinly sliced
- 3 Tbsp. fresh lemon juice
- 1 tsp. white balsamic vinegar
- 1 Tbsp. lemon zest
- 2 Tbsp. extra virgin olive oil
- 2 tsp. ground chia seeds
- 1 large head Bibb lettuce
- 1/2 tsp. sea salt
- 1/4 tsp. freshly ground black pepper
- Fresh cilantro, for garnish, if desired

Instructions

1. In a large bowl, combine squash, teff, spinach, scallions and onion.
2. In a separate small bowl, whisk lemon juice, balsamic vinegar, lemon zest, olive oil, chia seeds, sea salt and pepper.
3. Pour chia seed dressing over squash mixture; gently toss to combine.
4. Carefully break apart pieces of Bibb lettuce and place into serving dishes. Portion teff mixture on top. Garnish with fresh cilantro, if desired.
5. Enjoy.