2 cups vegetable broth or water
1/2 cup quinoa
1/2 teaspoon ground cumin
1/4 teaspoon sea salt or salt
1/8 teaspoon ground black pepper
1/2 cup quick-cooking couscous
1 (15-ounce) can garbanzo beans, rinsed and drained
5 cups packaged baby spinach or torn spinach
1 cup coarsely chopped apple
1/2 of a small red onion, thinly sliced and separated into rings

FOR THE DRESSING:
2/3 cup plain yogurt
1/3 cup bottled red wine vinaigrette salad dressing
2 tablespoons snipped fresh mint, cilantro, or flat-leaf parsley
1/4 teaspoon crushed red pepper

1. In a medium saucepan combine the broth, quinoa, cumin, salt, and pepper. Bring to boil; reduce heat to low. Simmer, covered, about 15-20 minutes or until the quinoa is tender.

2. Remove from heat. Stir in couscous. Cover and let stand for 5 minutes.

3. Using a fork, fluff the grain mixture. Transfer to a large bowl; cool slightly. Stir in the garbanzo beans. Cover and allow mixture to chill.

4. Meanwhile, prepare the dressing: In a small bowl stir together yogurt, salad dressing, mint, and pepper. Serve immediately or cover and store in refrigerator for up to 1 week. Stir just before serving.
BABY SPINACH, APPLE, AND QUINOA SALAD

Who said salads had to be boring? This bright salad, complete with apple, garbanzo beans, and onion, is paired with a tangy yogurt mint dressing to be anything but boring.

5. To serve, arrange the spinach on a large serving platter or in individual bowls. Spoon the grain mixture on top of the spinach. Top with apple and onion. Drizzle dressing evenly over the salad.