

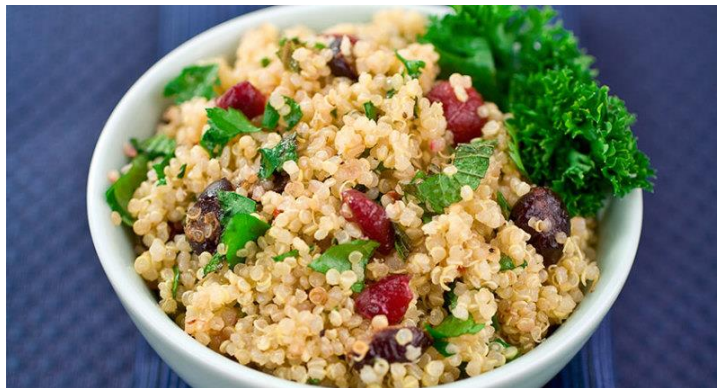
# SELF

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## 7 Healthy Meals That Are So Easy You Don't Need a Recipe

Sure, there are those nights where you feel like a culinary genius, ready to create a [perfectly roasted chicken](#) from scratch. Tonight's not one of those nights.

But just because you're in the mood to improv doesn't mean you have to compromise on a flavorful and healthy meal. Simplicity is key in these recipe-free meals that only sound fancy.



### Red and White Harvest Quinoa Salad

Hilary Ambrose Jr., Executive Chef at [David Burke Bloomingdale's](#) in New York City suggests tossing together red and white quinoa with a handful of arugula, dried cranberries and sliced, toasted almonds. To dress, Ambrose tops it with a simple citrus vinaigrette and salt and pepper. "If available, it's worth using yuzu in place of lemon for the vinaigrette. Yuzu has a fragrant aroma and refreshing flavor that's less tart than lemon or lime and has hints of other citrus fruits like grapefruit and tangerine," explains Ambrose. "Before serving, lightly dust the salad with freshly grated nutmeg using a microplane grater (the same one you use for parm). "The spice adds an aroma that really makes the dish pop without overpowering the other flavors. You can pretty much jazz up any simple dish with nutmeg," adds Ambrose.

**Chef Tip:** "When making a quinoa-based salad, use a 50/50 mix of red and white quinoa. The red quinoa cooks up a little drier and adds structure to the softer, fluffier texture of the white quinoa," shares Ambrose.