Stars, Stripes, and Salads Recipes

**Quinoa and Fruit Salad**

**Ingredients**
1 cup cooked quinoa  
1 ½ cups blueberries  
1 ½ cups sliced strawberries

For the honey lime dressing:
Juice of 1 large lime  
3 tbsp honey  
2 tbsp finely chopped fresh mint

**Directions**
To make the honey lime dressing, combine lime juice, honey, and mint in a medium bowl, whisking together until combined. In a large bowl, combine quinoa, blueberries, and strawberries. Pour honey lime dressing over fruit salad and mix until well combined. Garnish with additional mint, if desired. Serve at room temperature or chilled.

**Taco Salad**

**Ingredients**
1 cup sour cream  
1 envelope taco seasoning  
1 can black beans  
1 ½ cup salsa  
4 cups shredded lettuce  
2 cups Monterrey jack cheese  
2 cups halved cherry tomatoes  
½ cup sliced olives  
Tortilla chips and/or veggies to serve

**Directions**
Spread sour cream on the bottom of a 9x13 pan. Sprinkle taco seasoning, black beans, and salsa on top of the sour cream. Cover this layer with lettuce. Place halved tomatoes in lines to create stripes. Fill in spaces between the tomatoes with cheese. Put the sliced olives in the upper left corner to make stars. Serve with tortilla chips and/or veggies!  
Best served immediately so that it doesn’t get watery.

Recipe from: [https://www.tastesoflizzyt.com/patriotic-layered-taco-dip/]
Red, White, Blue, and Green Salad

Ingredients

1 box mixed greens
½ cup blueberries
1 cup strawberries
¼ cup walnuts
½ cup feta cheese
Raspberry vinaigrette dressing

Directions
Cover plate with mixed greens. Place everything else on top and add dressing to your taste. Enjoy!