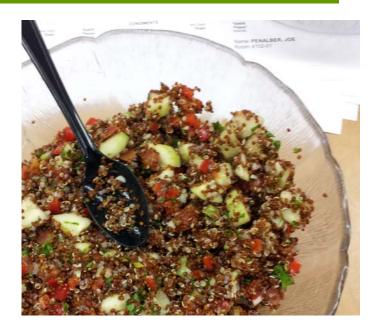


Quinoa Salad

Ingredients:

- 6 ounces quinoa
- 6 ounces low sodium vegetable broth
- 3 ounces water
- 2 each fresh garlic cloves, minced
- 1 red bell pepper, chopped
- ½ cup vidalia onion, chopped
- ½ cup cucumber, peeled and chopped
- 1 tomato, diced
- ½ cup parsley, chopped
- 1/8 tsp. ground black pepper
- 1 tsp. salt
- 2 tbsp. extra virgin olive oil
- 3 limes

Nutri	tion	Fa	cts
Serving Size	1 cup (2)	27a)	
Servings Per			
Amount Per Ser	ving		
Calories 200) Calc	ories fron	n Fat 60
		% Da	ily Value*
Total Fat 7g			11%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 470mg			20%
Total Carbohydrate 31g 109			10%
Dietary Fiber 5g			20%
Sugars 4g			
Protein 5g			
Vitamin A 15	% • \	√itamin 0	70%
Calcium 4%	•	ron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gran Fat 9 • 0	n: Carbohydrate	4 • Prote	ein 4









Directions:

- In a medium sauce pan bring vegetable broth to a boil. Add quinoa. Reduce heat to low and simmer for 15 minutes or until tender. Set aside.
- 2. Finely chop garlic and onion. Dice cucumber, bell pepper, tomatoes. Chop parsley.
- 3. After about 10 minutes, fluff quinoa with a fork, add all ingredients and mix to combine. Chill in a refrigerator for about 1 hour.