

Quinoa and Smoked Tofu Salad

Ingredients:

- 2 cups low sodium vegetable broth
- ¼ teaspoon salt
- 1 cup quinoa, rinsed well
- ¼ cup lemon juice
- 1 ½ tablespoons extra-virgin olive oil
- 2 small cloves garlic, minced
- ¼ teaspoon freshly ground pepper
- 1 small yellow bell pepper, diced
- 1 cup grape tomatoes, halved
- 1 cup diced cucumber
- ½ cup chopped fresh parsley
- ½ cup chopped fresh mint
- 1 (6 ounce) package baked smoked tofu, diced



Nutrition Facts

Serving Size 1 1/2 cup (340g)
Servings Per Container 5.5

Amount Per Serving

Calories 260 Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 35g **12%**

Dietary Fiber 7g **28%**

Sugars 8g

Protein 12g

Vitamin A 70% • Vitamin C 280%

Calcium 10% • Iron 20%

*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	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Bring low sodium vegetable broth to a boil in a medium saucepan. Add quinoa and return to a boil. Reduce to a simmer, cover and cook until the water has been absorbed, 15 to 20 minutes.
2. Spread the quinoa on a baking sheet to cool for 10 minutes.
3. Meanwhile, whisk lemon juice, oil, garlic, the remaining ¼ teaspoon salt and pepper in a large bowl.
4. Add the cooled quinoa, tofu, bell pepper, tomatoes, cucumber, parsley and mint; toss well to combine.