

## Quinoa and Vegetable Salad

### Ingredients:

- 1 C quinoa, rinsed in a strainer for 3 minutes
  - 2 C water
  - 1 C frozen peas (frozen peas do not need to be cooked)
  - 3 C chopped veggies, raw
  - 1/2 C chopped red onion
  - 1 pint cherry tomatoes
  - 1/2 C sliced black olives (optional)
  - 2 Tbsp. extra virgin olive oil
  - 2 Tbsp. lemon juice
  - 1 crushed garlic cloves
  - 3 Tbsp. fresh dill, minced
  - 3 Tbsp. fresh parsley, minced
- Serves 12



### Nutrition Facts

Serving Size 3/4 cup (141g)  
Servings Per Container

Amount Per Serving		% Daily Value*	
<b>Calories</b>	110	<b>Calories from Fat</b>	35
<b>Total Fat</b>	4g		6%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	65mg		3%
<b>Total Carbohydrate</b>	15g		5%
Dietary Fiber	3g		12%
Sugars	3g		
<b>Protein</b>	4g		
Vitamin A	25%	Vitamin C	25%
Calcium	2%	Iron	6%

\*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. Rinse quinoa well (quinoa tastes bitter if not well rinsed).
2. Bring 2 cups water or broth to a boil.
3. Add rinsed quinoa and bring back to boil. Simmer covered for about 15 minutes until liquid is well absorbed.
4. Transfer to large bowl and place in refrigerator to cool. Meantime, steam vegetables until crisp-tender.
5. Mix together oil, vinegar or lemon juice, garlic, dill, and parsley in a small bowl.
6. Add vegetables to quinoa and toss well with dressing mixture.
7. Chill before serving.



\*GLUTEN-FREE

\*SOY FREE

\*VEGAN