

Nutrition Facts (Serving size 1 cup): Calories–200; Protein–7g; Carbohydrate–29g; Total Fat–6g; Saturated Fat–0.5g; Cholesterol–0mg; Fiber–5g; Sodium–230mg; Vitamin C–30%; Vitamin A–15%; Iron–10%; Calcium–6%

Adapted from Washington State University Extension Food Sense

1. In a large bowl, mix together all of the salad ingredients.
2. In a small bowl mix together all of the dressing ingredients; whisk with a fork until well blended.
3. Pour dressing on top of salad, gently mix.



Directions

Salad

- 2 cups quinoa, cooked
- 3 green onions, diced
- 1 medium tomato, chopped
- 1/2 cucumber, diced
- 1 cup canned garbanzo beans, rinsed and drained
- 1/2 cup parsley, chopped
- 1 cup canned corn, rinsed and drained

Dressing

- 2 tablespoons olive oil or vegetable oil
- 1/4 cup lemon juice
- 1 clove garlic, minced
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon salt
- Ground black pepper to taste
- Optional** 1/2 teaspoon ground coriander

Prep time: 15 minutes | **Cooking time:** 0 minutes | **Number of servings:** 6

Quinoa Vegetable Salad

QUICK WHOLE GRAINS

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Nutrition Facts (Serving size ½ cup): Calories–100; Protein–4g; Carbohydrate–18g; Total Fat–1.5g; Saturated Fat–0g; Cholesterol–0mg; Fiber–2g; Sodium–100mg; Vitamin C–0%; Vitamin A–0%; Iron–8%; Calcium–2%

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Food Sense Tip

- Quinoa is a grain and is high in protein. Try other vegetables and beans with this recipe. Use what you have on hand for a quick, colorful way to add protein and fiber to your plate.

1. Rinse quinoa well with warm water and drain.
2. Place rinsed quinoa, salt, and water in a pot.
3. Bring to a boil, reduce heat to low, cover, and let simmer 15 to 20 minutes, until the water is absorbed.
4. Fluff with fork before serving.
- 1 cup quinoa
Pinch of salt
1 ¾ cups water

Directions

This grain originally came from the Andes Mountains in South America and has a delicious nutty flavor. Quinoa can be boiled in a large amount of water like pasta or can be simmered like rice.

Quinoa (keen-wah)



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