

Smart Nutrition for Consistent Energy

Crunchy Quinoa Salad

Serves 4

Salad Ingredients

- 1 cup dry quinoa
- 2 cups water
- 1 cup sugar snap peas, strings removed, chopped
- 1 cup carrots, peeled and shredded
- 1 cup tomatoes, diced
- ½ cup shelled pumpkin seeds, (pepitas) or sunflower seeds

Vinaigrette Ingredients

- 2 tablespoons lemon juice
- 1-2 tablespoons honey
- ⅓ cup olive oil
- ⅛ teaspoon salt
- ⅛ teaspoon pepper

Directions

Thoroughly combine vinaigrette ingredients.

Bring water and quinoa to a boil. Cover and reduce heat to low. Simmer until water is absorbed and quinoa is soft, 12- 15 minutes.

Prepare vinaigrette recipe below.

Combine the cooked quinoa, vegetables and seeds in a bowl.

Toss salad with vinaigrette. Adjust seasoning with additional salt, pepper and lemon juice and serve.



Nutrition Facts	
Crunchy Quinoa Salad	
Amount per Serving	Calories 408
	% Daily Value*
Fat 25g	38%
Saturated Fat 4g	26%
Trans Fat 1g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 15g	
Sodium 107mg	6%
Potassium 555mg	16%
Carbohydrates 33g	13%
Fiber 5g	21%
Sugar 8g	9%
Protein 10g	20%
Vitamin A 5931IU	119%
Vitamin C 25mg	30%
Calcium 53mg	5%
Iron 3mg	17%

* Percent Daily Values are based on a 2000 calorie diet.