



Cranberry Quinoa Salad

SERVINGS: 12

PREPPING TIME: 5-10 MIN

SERVING SIZE: ½ CUP

INGREDIENTS

4 Cups cooked Quinoa in Vegetable Broth

2-3 Green Onions, sliced

1/4 cup dried cranberries

1/4 cup walnuts, toasted

1/3 cup low fat feta cheese

1 cup spinach, roughly chopped

2 Cups steamed edamame

Dressing:

2 Tablespoons Olive Oil

1 Tablespoon Lemon Juice

2 Tablespoons Balsamic Vinegar

1/4 teaspoon salt

1/4 teaspoon pepper

DIRECTIONS

- Cook Quinoa in vegetable broth according to package instructions
- Steam edamame for 3-4 minutes
- Combine cooked and cooled quinoa in large bowl with green onion, dried cranberries, walnuts, feta cheese, edamame and spinach
- In small bowl, combine olive oil, lemon juice, balsamic vinegar, salt, pepper. Whisk until combined.
- Pour dressing over Quinoa Salad. Chill at least 1 hour before serving.

Serving suggestions (this will change the nutrition) Eat as a side with grilled chicken or fish. Serve on a salad of mixed greens or spinach. Feel free to add extra green onions, dried cranberries, walnuts, spinach or feta cheese.

NUTRITIONAL INFORMATION

Servings: 12, Calories per serving: 153, Total fat 9g, Total Carbohydrates 49g, Dietary Fiber 1.6g, Protein 13g, Sodium 336mg