



The Kitchen at Second Harvest
Caprese Quinoa Salad
 try at home recipe
 Recipe modified from simplyquinoa.com

flip to learn more!



Ingredients

- 2 cups cooked quinoa
- 1 cup halved cherry tomatoes
- 1 cup cooked chickpeas
- 1/2 cup basil leaves
- 2 Tbsp cheese (mozzarella, feta, etc.)

Yield: 2 servings
Serving Size: 2 cups

Dressing:

- 1 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- 1 tsp lemon juice
- 1 garlic clove
- 1 tsp salt
- 1 tsp pepper
- 1/2 tsp dried oregano
- pinch of red pepper flakes (optional)



Directions

1. In a large bowl, combine the quinoa, tomatoes, chickpeas, and basil. Toss to combine.
2. Whisk together the dressing ingredients, reserving a bit of pepper to garnish, in a small bowl. Pour dressing over quinoa salad and stir together until evenly coated.
3. Garnish with some fresh cracked pepper if desired.
4. Serve immediately or chill in fridge for 30-60 minutes.

Find more recipes, free classes, and ways to get involved!



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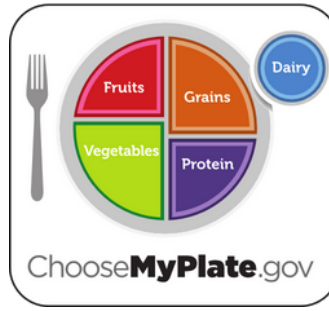


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.

Cooking Tips

- To add more protein, stir in tofu, lentils, or chicken
- Quinoa triples in size when cooked! Start with 2/3 cup dried quinoa to make 2 cups cooked.

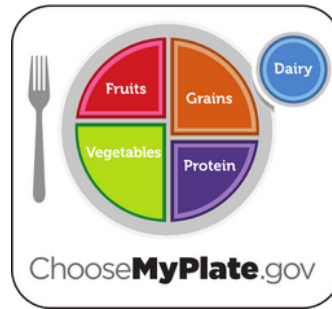
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.



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Nutrition Facts

Nutrition Facts	
2 servings per container	
Serving size	2 cups
Amount Per Serving	
Calories	460
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2.4g	12%
Trans Fat 0.1g	
Cholesterol < 5mg	2%
Sodium 270mg	12%
Total Carbohydrate 66g	24%
Dietary Fiber 12g	43%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0mcg	0%
Calcium 156mg	10%
Iron 4.5mg	25%
Potassium 705mg	15%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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