

Quinoa Vegetable Salad

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

Salad

- 2 cups quinoa, cooked
- 3 green onions, diced
- 1 medium tomato, chopped
- ½ cucumber, diced
- 1 cup canned garbanzo beans, rinsed and drained
- ½ cup parsley, chopped
- 1 cup canned corn, rinsed and drained

Dressing

- 2 tablespoons olive oil or vegetable oil
- ¼ cup lemon juice
- 1 clove garlic, minced
- ½ teaspoon Dijon mustard
- ½ teaspoon salt
- Ground black pepper to taste
- Optional** ½ teaspoon ground coriander



Directions

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.

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 Source



Quinoa (keen-wah)

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.

1 cup quinoa

Pinch of salt

1½ cups water

Directions

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.

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.

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%

Adapted from Washington State University Extension Food Sense

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP), The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact <http://foodhelp.wa.gov> or the Basic Food Program at 877-501-2233.

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