

QUINOA SALAD

Avocado Spinach Power Salad



Ingredients:

- * 1 cup dry quinoa, cooked
- * 3 oz. baby spinach, chopped
- * 2 medium avocados, diced
- * 8 oz. cherry tomatoes, halved
- * 3 green onions, diced

Dressing:

- * 2 cloves garlic, minced
- * 2 tbsp. fresh lemon juice
- * 2 tbsp extra virgin olive oil

Directions:

Makes 8 servings.

Start by cooking the quinoa. While quinoa is cooking, make the dressing by whisking the ingredients together in a bowl, then set aside. Once the quinoa is fluffy, add the spinach allowing the heat to wilt it. Next, add the tomatoes, green onions and dressing, then the avocado and toss lightly. Refrigerate for 1 hour before serving to let flavors blend.

Nutrition Facts

Serving Size 1
Calories 195

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|------------------------|-----------------|-------------------------------|-----------------|
| Total Fat 12g | 18% | Total Carbohydrate 20g | 7% |
| Saturated Fat 2g | 10% | Dietary Fiber 6g | 24% |
| Trans Fat 0g | | Sugars 3g | |
| Cholesterol 0mg | 0% | Protein 5g | 10% |
| Sodium 25mg | 1% | | |
| Vitamin C 34% | • Vitamin E 13% | Vitamin K 17% | |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Did you know? This cold salad packs nutritional punch! Protein filled quinoa, healthy fats in the avocado, antioxidants in the spinach and vitamin C in the tomatoes!

Recipe adapted from: <http://www.thegardengrazer.com/2014/04/quinoa-avocado-spinach-power-salad.html?spref=pi>

QUINOA SALAD

Refreshing California



Ingredients:

- * 1 cup dry quinoa, cooked
- * 1 mango, peeled and diced
- * 1 red bell pepper, diced
- * ½ cup edamame, shelled
- * 1/3 cup red onion, chopped
- * ¼ cup unsweetened coconut flakes
- * ¼ cup raisins
- * 2 tbsp fresh cilantro, chopped

Dressing:

- * ¼ cup balsamic vinegar
- * Zest of 2 limes

Directions:

Makes 8 servings.

Start by cooking the quinoa. While quinoa is cooking, make the dressing by whisking the ingredients together in a bowl, set aside. Once the quinoa is fluffy, transfer to a large bowl. Add mango, bell peppers, edamame, red onion, coconut flakes, raisins and cilantro. Add balsamic dressing and toss to combine. Refrigerate for 1 hour before serving.

Nutrition Facts

Serving Size 1
Calories 141

| Amount Per Serving | % Daily Values* | Amount Per Serving | % Daily Values* |
|------------------------|-----------------|-------------------------------|-----------------|
| Total Fat 3g | 5% | Total Carbohydrate 24g | 8% |
| Saturated Fat 2g | 10% | Dietary Fiber 3g | 12% |
| Trans Fat 0g | | Sugars 8g | |
| Cholesterol 0mg | 0% | Protein 4g | 8% |
| Sodium 10mg | 0% | | |
| Vitamin C 48% | | | |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|---------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbs | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Did you know? Edamame, a young soybean, is naturally gluten-free and is an excellent source of protein and calcium!

Recipe adapted from: <http://damndelicious.net/2014/06/07/whole-foods-california-quinoa-salad/>