

PEAR QUINOA SALAD

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 169

Total Fat: 7 g

Saturated Fat: 2 g

Sodium: 131 mg

Total Carbohydrate: 22 g

Dietary Fiber: 3 g

Protein: 5 g



Ingredients

- 2 cups water
- 1 cup quinoa, uncooked
- 1 Tablespoon canola oil
- 1 Tablespoon light raspberry vinaigrette salad dressing (choose gluten free for GF version)
- ¼ cup green onion, chopped
- ¼ teaspoon ground black pepper
- 2 cups pears, diced (about 2 pears)
- ¼ cup pecans (unsalted), chopped
- ¼ cup dried cherries, chopped
- 1/2 cup blue cheese crumbles



OSF
HEALTHCARE

Directions

1. Combine water and quinoa in a large saucepan. Bring to boil, reduce heat to simmer and cover and cook until the liquid is absorbed, about 12-15 minutes.
2. Meanwhile, whisk oil, raspberry vinaigrette, green onions and pepper in large bowl.
3. Add pears, pecans, dried cherries and cooked quinoa to mixture and toss to coat.
4. Transfer to the refrigerator to cool for about 15 minutes.
5. Remove from the refrigerator and fold in the blue cheese.