

CHERRY-ALMOND-QUINOA SALAD

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Nutrition (per serving)

Calories: 256

Total Fat: 6.5 g

Saturated Fat: 1 g

Sodium: 36 mg

Total Carbohydrate: 48 g

Dietary Fiber: 8.5 g

Protein: 7 g

Ingredients

1 cup quinoa

¾ cup dried cherries

1 cup frozen peas, thawed

¼ cup sliced almonds

¼ cup sliced green onion

¼ cup raspberry balsamic vinegar

1 ½ Tbsp Olive Oil



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HEALTHCARE

Directions

1. Prepare quinoa according to package directions. Uncover and allow to cool for 15 minutes.
2. In a medium bowl, combine the cooked quinoa, dried cherries, peas, almonds, and green onions until well mixed. In a small bowl, whisk the raspberry balsamic vinegar and olive oil until well blended. Pour over the quinoa mixture. Toss until well blended. Chill in the refrigerator for at least 30 minutes before serving.