



PREPARATION: 45 MINUTES

6 SERVINGS

VERSATILE QUINOA SALAD

INGREDIENTS

¾ cup dry quinoa

1 ½ cups no-sodium chicken broth

2 cups cooked chicken, diced

1 green apple, diced

1 cup fennel, finely diced (½ of a small bulb) *

¼ cup dried cranberries, chopped

1 cup fresh strawberries, sliced

¼ cup feta cheese, crumbled

¼ cup pumpkin seeds (or pecans or almonds)

1 cup fresh mint (or other herb), chopped

Dressing

⅓ cup olive oil

2 tablespoons lemon juice and zest (1 lemon)

1 tablespoon wine vinegar

1 teaspoon honey

1 clove garlic, grated

* Fennel can be replaced with 2 cups diced celery

PREPARATION

- 1** Cook the quinoa according to the package directions, using no-sodium chicken broth. Let cool in the refrigerator.
- 2** Put all the dressing ingredients in a small jar with a lid and shake vigorously to combine.
- 3** In a large bowl, gently mix all the salad ingredients. Add the dressing and mix well.

Tip: Create your own salad by using the quinoa and the dressing as the base and add ingredients you have on hand.

Nutrient Analysis

Per serving: ⅓ of recipe

Calories	370 Kcal
Protein	22 g
Carbohydrates	29 g
Fibre	5 g
Sugars	11 g
Total Fat	20 g
Saturated Fat	4 g
Cholesterol	58 mg
Sodium	118 mg
Potassium	594 mg
Phosphorus	359 mg