Quick Whole Grains

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 Sense
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
1 ¾ 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