



## Lemon and Garlic Quinoa Salad

Makes 6 Servings

Quinoa (keen-wah) is a grain of the ancient Incas now grown in the US. Quinoa has more protein than most grains. This salad is light, flavorful and very satisfying. Quinoa is found in the health-food section of many grocery stores or at Trader Joes.

### Salad:

1 cup dry quinoa  
1  $\frac{3}{4}$  cups water  
Pinch of salt  
1 cup carrots, chopped  
 $\frac{3}{4}$  cup parsley, chopped  
 $\frac{1}{4}$  cup sunflower seeds

### Dressing:

2-3 cloves garlic, minced  
1/3 cup lemon juice  
2 tablespoons olive oil  
2 tablespoons low sodium soy sauce

- Rinse quinoa with water and drain through a fine strainer.
- Add quinoa, salt and water to a large pot. Bring to a boil. Turn heat down, cover and simmer 10-15 minutes until water is absorbed. Cool and refrigerate until ready to use.
- In large bowl, add carrots, parsley and sunflower seeds. Mix in cooked quinoa.
- Make dressing, add to salad and toss well. Serve at room temperature or chilled.

### Nutrition Information (per 1 cup)

Calories: 196  
Total fat: 9g  
Saturated fat: 1g  
Carbohydrates: 24g  
Fiber: 3g  
Protein: 6g

Adapted from Feeding the Whole Family by Cynthia Lair