



Lemon and Garlic Quinoa Salad

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 Trader Joes.

Salad:

1 cup quinoa, uncooked
1 3/4 cups water
pinch of salt
1 cup carrots, chopped
3/4 cup parsley, chopped
1/4 cup sunflower seeds

Dressing:

2 or 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 to 15 minutes until water is absorbed. Cool and refrigerate until ready to use.
- In large bowl, combine carrots, parsley and sunflower seeds. Mix in cooked quinoa.
- Make dressing, add to salad and toss well. Serve salad at room temperature or chilled.

Nutrition Information

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

Adapted from Feeding the Whole Family by Cynthia Lair