

## Quinoa Salad

*This recipe contains a variety of fruits or vegetables, which may help protect you against many chronic diseases.*

### Ingredients:

- 1 cup quinoa
- 2 cups water or low-sodium vegetable broth
- 2 large carrots, peeled and diced
- 3 large celery stalks, peeled and diced
- 1 large red bell pepper, seeded and diced
- 3 scallions, sliced
- 3 tablespoons minced parsley
- 1/2 cup rice vinegar
- 2 tablespoons water
- 1 tablespoon vegetable oil
- 2 garlic cloves, chopped fine

### Directions:

1. Rinse the quinoa in a fine-mesh sieve under running water for 1 minute.
2. Bring the water or broth to a boil in a medium saucepan. Slowly add the quinoa and bring to a boil. Lower the heat, cover, and simmer for 15 minutes. Refrigerate until cool.
3. Meanwhile, prepare all the vegetables and place them in a salad bowl.
4. Whisk together the dressing ingredients and set aside.
5. Add quinoa to the vegetables. Add the dressing and toss well.
6. Refrigerate leftovers within 2-3 hours.

### Bright Ideas:

<b>Nutrition Facts</b>			
Serving Size 2/3 cup (136g)			
Servings Per Container 10			
Amount Per Serving			
<b>Calories</b> 90	Calories from Fat 20		
% Daily Value*			
<b>Total Fat</b> 2g			<b>3%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 30mg			<b>1%</b>
<b>Total Carbohydrate</b> 15g			<b>5%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 2g			
<b>Protein</b> 3g			
Vitamin A 60%	•	Vitamin C 60%	
Calcium 4%	•	Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

10 servings, 2/3 cup each

Source: Diabetes Forecast, June 2005. Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>