

Crunchy Quinoa Almond Cranberry Salad

Ingredients

- 1 cup uncooked quinoa, rinsed
- 2 cups water or low-sodium chicken stock
- 1/2 cup shredded carrots
- 1/4 cup toasted slivered almonds
- 1/4 cup dried cranberries
- 2 Tbsp. chopped fresh parsley
- 2 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- Salt and pepper to taste



Preparation

1. Heat quinoa and water to boiling in a 2-quart saucepan; reduce heat and simmer covered for 12-15 minutes or until tender.
2. Remove pan from heat and let sit 5 minutes, then fluff quinoa with a fork and cool to room temperature.
3. Add carrots, almonds, cranberries and parsley to blend.
4. Mix oil and vinegar together and drizzle over quinoa salad; mix well.
5. Serve warm or refrigerate for a chilled whole-grain salad.

Nutrition Facts

Yield 6 servings

Amount Per Serving

Calories 210

Calories from fat: 77 (37%)

Fat 9g

Saturated Fat 1g

Cholesterol 0mg

Sodium 12mg

Carbohydrate 29g

Dietary Fiber 3g

Sugar 8g

Protein 5g

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