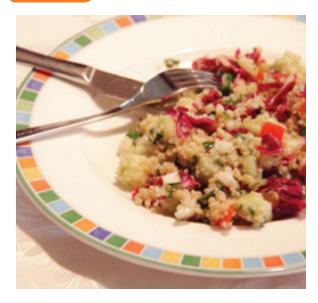
# **Quinoa Herb Salad**

This recipe is high in many essential vitamins and minerals as well as heart healthy Omega 3 fatty acids.

#### Serves 8



### **Nutrition Facts**

Serving Size about 1 cup Servings Per Container about 8

Servings Per Container about 8			
Amount Per Se	rving		
Calories 22	0 Calor	ies from	Fat 130
		% Da	aily Value*
Total Fat 15g			23%
Saturated Fat 2g			10%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 320mg			13%
Total Carbohydrate 20g 7%			
Dietary Fiber 6g			24%
Sugars 5g			
Protein 4g			
Vitamin A 30	% • \	Vitamin (	C 80%
Calcium 8%	•	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 Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30a

Please note: nutritional values are approximate.

Fat 9 · Carbohydrate 4 · Protein 4

Calories per gram:

## Ingredients

- 3 cups water
- 1 ½ cups quinoa, rinsed
- ½ cup white wine vinegar
- 1 tablespoon lemon juice
- 1/4 cup olive oil
- 1 teaspoon sea salt
- fresh ground pepper to taste
- 2 medium cucumbers, peeled and chopped
- 1 sweet onion, minced
- · 1 bunch parsley, minced
- 1 bunch basil, minced
- ½ head purple cabbage, shredded
- 2 avocados, peeled and diced

#### **Directions**

- 1. Bring water to boil and add quinoa.
- 2. Reduce heat, cover and simmer about 20 minutes or until water is absorbed.
- 3. Cool completely.
- 4. Whisk together vinegar, lemon juice, olive oil, salt and pepper in a large salad bowl.
- 5. Add cucumber, onion, parsley, basil, cabbage, avocados, and cooled quinoa.
- 6. Serve immediately or chill to enjoy later.

