

Quinoa Surprise Salad



Prep:

15 minutes

Total:

45 minutes

Makes:

4 full servings

Utensil:

4 Qt./3.8 L Roaster with Cover

small mixing bowl

medium mixing bowl

Rate Recipe:

Select rating Give Quinoa Surprise Salad 1/5 Give Quinoa Surprise Salad 2/5 Give Quinoa Surprise Salad 3/5 Give Quinoa Surprise Salad 4/5 Give Quinoa Surprise Salad 5/5

Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

[Write a Review](#)

Recipe Description:

Quinoa is very high in protein, iron and calcium and makes an excellent base to any meal!

You can learn more about Marni by visiting her Facebook and Twitter page, or www.marniwasserman.com.

1

cup
quinoa
(170

g)
2
cups
water
(475
mL)
¹?₂
cup
chopped celery
(50
g)
¹?₄
cup
dried cranberries
(30
g)
¹?₃
cup
chopped walnuts
(40
g)
¹?₂
cup
chopped tart apple (granny smith or pear)
(63
g)
3
tablespoons
lemon juice
(45
mL)
1
orange, juiced
2
tablespoons
orange rind
(12
g)
1
garlic clove
1
teaspoon
dijon mustard
(3
g)
2
tablespoons
olive oil
(30
mL)

Directions:

1. Rinse quinoa well under running water. Place in roaster and dry toast until all water has evaporated.
2. Add two cups of water and cover. When Vapo-Valve? clicks, reduce heat and simmer for 15 minutes. Set aside.
3. When the quinoa has cooled, transfer to a medium mixing bowl and add celery, cranberries, walnuts and apples.
4. In a small mixing bowl, mix together lemon juice, orange juice and rind, garlic, mustard and oil and toss over salad.

Tips:

- This quinoa makes a great side dish or it can be a full meal by adding some beans or tofu on top.

Nutritional Information per Serving

Calories:

434

Total Fat:

16g

Saturated Fat:

2g

Cholesterol:

0mg

Sodium:

34mg

Total Carbs:

66g

Dietary Fiber:

7g

Sugar:

4g

Protein:

8g