



Winter Quinoa Salad

Makes 6 servings

Ingredients

- 1/2 cup walnuts, chopped
- 2 cups water
- 1 1/2 cups uncooked quinoa
- 1 teaspoon marjoram
- 2 tablespoons extra-virgin olive oil
- 1 1/2 cups canned mandarin oranges (fruit and juice)
- 1 medium avocado, diced
- 3 tablespoons diced red onion
- 2 ribs celery, diced
- 3 cups packed arugula

Directions

1. Preheat oven to 350 F.
2. Spread chopped walnuts on an ungreased baking sheet. Bake until lightly browned (about 5 to 10 minutes).
3. In a large pot, bring water to a boil. Add quinoa and marjoram, bring back to a boil, then turn down heat. Simmer until all liquid is absorbed (about 15 to 20 minutes). Remove from stovetop. Set aside to let cool.
4. In a small bowl, whisk together oil and juice from oranges. Set aside.
5. In a large salad bowl, combine oranges, avocado, red onion, celery, arugula and cooled quinoa. Toss. Pour dressing over salad mix.
6. Cover and place in refrigerator until ready to serve. Serve chilled.



SIDE DISH



TIP

Cook extra quinoa — it'll make a great addition to a stir fry or homemade soup on a busy weeknight! Put extra quinoa in a medium bowl, cover and place in the refrigerator. Cooked quinoa will last in the refrigerator for 2 to 3 days or in the freezer for 1 month.

♥ = heart smart ✕ = low sodium GF = gluten free

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Nutrition Facts

Serving Size 1 cup (245g)
Servings Per Container 6

Amount Per Serving

Calories 340 **Calories from Fat 170**

% Daily Value*

Total Fat 19g **29%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 37g **12%**

Dietary Fiber 7g **28%**

Sugars 5g

Protein 9g

Vitamin A 15% • Vitamin C 35%

Calcium 6% • Iron 15%

*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 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: nuts
Carb choices per serving: 2