



Toasted Quinoa Salad

Makes 6 servings

Ingredients

- 1 1/2 cups dry quinoa
- 2 1/4 cups water
- 1 cup fresh cilantro, chopped
- 1/4 cup fresh mint leaves, chopped
- 1/4 red onion, chopped
- 1 small jalapeno pepper, seeded and chopped (optional)
- 1 tablespoon fresh ginger root, peeled and chopped
- 4 tablespoon lime juice
- 2 1/2 teaspoons olive oil
- 1/4 teaspoon salt
- 1/4 cup walnut pieces or sliced almonds



Instructions

1. Brown the dry quinoa in a skillet over medium heat, stirring for about 6 minutes.
2. Bring the water, ginger, jalapeno (optional) and salt to roiling boil, add the quinoa, cover and reduce heat to low.
3. Simmer with a tight lid until all or most of the liquid is absorbed, about 12 minutes.
4. Transfer to fine mesh strainer and fluff with fork.
5. After quinoa has cooled, add the rest of the ingredients and stir until well blended.

Nutrition Facts

Serving Size: 4 oz.; Calories 403; Total Fat 12.0g; Saturated Fat 1.0g; Cholesterol 64mg; Sodium 98mg; Total Carbohydrates 9.0g; Dietary Fiber 7.0g; Protein 13.0g

Recipe adapted from Southern Food Service



BlueCross BlueShield of South Carolina and
BlueChoice HealthPlan of South Carolina