

Maple Balsamic Quinoa



Simple fresh salad filled with flavor, protein and fiber courtesy of the CMH Clinical Nutrition Team.

nutrition:

Makes 8 servings;
serving size 1 cup
Calories: 325
Carbohydrate: 49 g
Fat: 12 g
Fiber: 5 g
Protein: 7 g
Saturated Fat: 1 g
Sodium: 247 mg

Ingredients:

2 cups cooked quinoa
1/3 cup extra virgin olive oil
1/3 cup balsamic vinegar
1/3 cup maple syrup
1 cup dried cranberries or apricots
1 cup chopped pecans or walnuts
4 thin sliced scallions

Directions:

- Cook quinoa according to package instructions. Cool completely.
- Whisk together olive oil, vinegar and maple syrup to make a dressing.
- Add dressing to quinoa.
- Stir in dried fruit, nuts and scallion

Refrigerate overnight. Serve cold or hot.

Note - use your favorite dried fruits or nuts in this recipe to make it your own.