

Quinoa Broccoli Salad

Ingredients

Quinoa, uncooked	1/2 Cup
Pinto Beans, canned, unsalted (or bean of choice)	1 Cup
Broccoli, florets, fresh	1 Cup
Scallions, chopped	1/4 Cup
Extra virgin olive oil	2 Tablespoons
Lemon juice, fresh	3 Tablespoons
Garlic Powder	1 Tsp (Add more to taste)
Balsamic Vinegar	2 Tablespoons

Instructions

1. Cook the quinoa according to the instructions on the package.
2. Chop broccoli into small pieces.
3. Steam broccoli about 1 minute. Look for bright green color. Drain and run under cool water.
4. Mix oil, lemon juice, garlic powder, and balsamic vinegar in the bottom of a bowl.
5. Add quinoa, beans, broccoli, and scallions. Mix.
6. Season with salt and pepper to taste.

Kitchen Classroom

What do the different colors mean? Just like many other foods, quinoa (keen-wah) comes in many different varieties and colors. Although similar, each variety might deliver a slightly different flavor, texture, and nutrients.

White quinoa (or just quinoa) - The most common type of quinoa found in stores.

Red quinoa - Holds its shape a little better than white quinoa. Ideal for cold salads.

Black quinoa - Compared to white quinoa it has a sweeter and earthier taste.

Quinoa can also be found in slightly more processed versions such as flakes or quinoa flour.

Quinoa is gluten free.

Source: wholegrainscouncil.org

Nutrition Information (per serving)

Number of servings: 3

Per Serving:

Calories: 280

Fat: 11 gm

Sodium: 20 mg

Fiber: 8 gm

Cholesterol: 0 mg

Protein: 9 gm



Picture courtesy of onegreenplanet.org