

Greek Quinoa Salad

Created by/Adapted from- Jolinda Hackett of About.com

Featuring: Quinoa Greek and Mediterranean Influence

Serves: 24, Serving size: 1/3 C. Cost per serving: \$0.80

Ingredients

1 ½ C. uncooked quinoa
3-4 C. water or vegetable broth
¼ C. apple cider vinegar (you may use any flavor you prefer)
2 cloves garlic, minced
Juice from one lemon
3 tbsp olive oil
½ C. kalamata olives, sliced if desired
1/3 C. fresh parsley, chopped
1/3 C. fresh cilantro, chopped
1 red onion, diced
1 C. cherry tomatoes, sliced in half
½ C. chopped artichoke hearts (optional)
Salt and pepper to taste
½ C. crumbled feta cheese



Technically quinoa is not a true grain, but is the seed of the Chenopodium or Goosefoot plant. This is due to a resemblance of the leaves of the plant to the webbed foot of a goose.

Directions

1. In a medium-large saucepan, cook the quinoa in vegetable broth for 15-20 minutes, until tender, stirring occasionally. Allow to cool.
2. In a small bowl, whisk together the vinegar, lemon juice, garlic, and olive oil.
3. Gently toss the quinoa together with the remaining ingredients, except feta. Pour the olive oil mixture over the quinoa.
4. Add more salt and pepper to taste and gently stir in the feta cheese.

You may also add any additional vegetables that you like, such as lightly steamed broccoli, snap peas or diced bell pepper.

Nutrition Information: serving size: 1/3 C. , 79 calories per serving, 33 calories from fat, 3.7g total fat, 1g saturated fat, 2g monounsaturated fat, 0.5g polyunsaturated fat, 0g trans fat, cholesterol, 4g total carbohydrate, 1g dietary fiber, 1g sugar, 2g protein, 104g (12%) vitamin A, 4g (4%) vitamin C, 38g (4%)calcium, 1g (13%) iron.

Diabetes Exchanges: 1.15 CHO, 0.5 Fat, 0.17 Medium Fat Meat