

Crunchy Quinoa Salad

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes | Yield: 8 servings | Serving Size: ½ cups

Ingredients

1 cup quinoa, rinsed

2 cups water

5 cherry tomatoes, diced

½ cup cucumbers, seeded and diced

3 green onions, chopped

¼ cup fresh mint, chopped

½ cup flat leaf parsley, chopped

2 tablespoons fresh lemon juice

1 tablespoon grated lemon rind (zest)

4 tablespoons olive oil

¼ cup Parmesan cheese, grated

½ head Boston or Bibb lettuce

Directions

1. Rinse quinoa under cold running water until clear, then drain well.
2. Place quinoa in a pan over medium-high heat and toast for 2 minutes, stirring frequently. Add 2 cups of water and bring to a boil. Reduce heat to low, cover pan and simmer for 8–10 minutes. Let cook and fluff with a fork.
3. Combine the tomatoes, cucumbers and onions with the herbs, lemon juice, zest and olive oil. Add the cooled quinoa to the mixture.
4. Spoon the mixture into lettuce cups, then sprinkle Parmesan cheese on top.

Nutrition Facts Per Serving: Calories: 158 | Total Fat: 9 g | Saturated Fat: 2 g | Sodium: 46 mg | Total Carbohydrate: 16 g | Dietary Fiber: 2.3 g | Protein: 5 g | Potassium 237 mg | Phosphorous 129 mg

Recipe from freseniuskidneycare.com
For more recipes, please visit www.nutrition.va.gov



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