



Quinoa Salad with Red Wine Vinaigrette

U.S.

Metric

For the Salad:

1 cup	Quinoa	177 g
2 cups	Vegetable Stock or Water	473.2 mL
3/4 cup	Cucumber, diced small	78 g
1/2 cup	Cherry Tomatoes, sliced in half	90 g
1/2 cup	Carrot, peeled, diced small	64 g

Vinaigrette:

1/2 cup	Olive Oil	118.3 mL
1/4 cup	Red Wine Vinegar	59.2 mL
1 Tbsp	Dijon Mustard	15 g
1 Tbsp	Honey	21 g
1 tsp	Garlic Powder	3.1 g
1/2 tsp	Oregano, dried	0.5 g
1/2 tsp	Thyme, dried	0.5 g
1/2 tsp	Salt, Kosher	3 g
1/2 tsp	Black Pepper, ground	1.2 g

Preparation:

1. Gather all ingredients and equipment.
2. Place a large pot over medium-high heat. Add the quinoa and stock to the pot and bring it to a boil. Once boiling, lower to a simmer and continue to cook for about 15 minutes.
3. Once tender, transfer the quinoa to a sheet pan and place in the fridge to cool, about 10-15 minutes.
4. While quinoa is cooling, whisk all of the ingredients for the vinaigrette in a bowl until well combined.
5. When the quinoa is cool, combine with the vegetables and 1/3 cup of vinaigrette.
6. Toss and Serve.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1/2 cup
Servings	6
Calories	190
Calories from Fat	90
Total Fat	9 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	7 g
Cholesterol	0 mg
Sodium	47 mg
Carbohydrates	24 g
Dietary Fiber	4 g
Sugars	1 g
Protein	4 g
Vitamin A	177 %
Calcium	0 %
Vitamin C	2 %
Iron	1 %
Phosphorus	0 mg
