

# Quinoa Salad with Dried Fruit and Nuts



*This dish has a little bit of everything in one bite: sweet, savory, and herbal flavors along with soft, chewy, and crunchy textures!*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>30 MIN</b>
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## INGREDIENTS

2 tsp	Olive Oil
1 each	Shallots, minced
2 cloves	Garlic, minced
1 1/3 cups	Vegetable Stock or Water
2/3 cup	Quinoa, any variety
1/4 tsp	Kosher Salt
To Taste	Black Pepper, ground
1/3 cup	Nut of Choice (Almonds, Pecans, Pine Nuts, etc.), toasted
2 cups	Baby Spinach, chopped
1/3 cup	Dried Fruit of Choice (Currants, Cherries, Raisins, Apricots, Craisins)
3 Tbsp	Parsley, fresh, chopped
1 each	Lemon, juiced

## CHEF NOTES

This dish can also be made with whole wheat couscous or any other whole grain you like. It's extremely versatile and can be used as a side dish for just about any protein and vegetable. Because quinoa contains all nine essential amino acids, this dish is a great source of plant powered protein on its own!

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Preheat a pot over medium-high heat. Add the olive oil and shallots. Sauté the shallots in the pot for 2-3 minutes until fragrant. Add the garlic and sauté for an additional minute.
3. Add the quinoa and vegetable broth, cover with lid. Bring the broth to a boil. Cover and reduce heat to simmer for about 15 minutes or until quinoa is soft and all liquid is absorbed. Let the pot sit for 5 minutes or until all stock has been absorbed by the grain.
4. While quinoa is cooking, toast the nuts until fragrant and golden brown, in a small pan over medium-high heat, stirring frequently.
5. Remove the lid and use a fork to fluff the quinoa. Allow quinoa to cool slightly.
6. Add the remaining ingredients (salt, pepper, nut, spinach, raisins or fruit, chopped herb, lemon juice) to the quinoa and gently toss to combine. Serve warm, at room temperature, or cold.

# Nutrition Facts

4 servings per container

**Serving size** 1 cup (175g)

**Amount Per Serving**

**Calories** 240

**% Daily Value\***

**Total Fat** 11g 14%

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 140mg 6%

**Total Carbohydrate** 32g 12%

Dietary Fiber 4g 14%

Total Sugars 10g

Includes 3g Added Sugars 6%

**Protein** 6g 12%

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 2.6mg 15%

Potassium 300mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: PECAN

Recipe adapted from *Health meets Food: Five Treasure Quinoa* (10/18/16)



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