



Blueberry Quinoa Salad with Lemon Basil Vinaigrette



Estimated Time: 25-30 mins

Nutrition Per Serving

4 Servings (2 cups per serving)

Calories	667
Protein	17g
Total Carbohydrates	74g
Net	59g
Sugar	11g
Fiber	14g
Total Fat	37g
Saturated Fat	4.8g
Polyunsaturated Fat	7g
Monounsaturated Fat	23g
Trans Fat	0g
Cholesterol	0mg
Minerals	
Sodium	353mg
Potassium	945mg
Phosphorus	408mg
Calcium	136mg

Recipe provided by
Molly Chanzis MS, RD, CDN,
CDCES

Ingredients

Blueberry Quinoa Salad

1 cup quinoa
1 ½ cups fresh blueberries
2 cups chopped cucumber
1 cup corn
2 cups baby spinach leaves, chopped
½ cup finely diced red onion
½ cup shelled pistachios, unsalted
1 can of low sodium chickpeas

Lemon Basil Vinaigrette

¼ cup olive oil
2 tablespoons apple cider vinegar
Juice and zest of 1 lemon
1 cup loosely packed basil
A dash of salt
A dash of black pepper

Directions

1. Add 1 cup of quinoa to a pot with 2 cups of water and bring to a boil. Once boiling, turn down to low and simmer for 12-15 minutes until all water is absorbed. (Note: quinoa can be substituted with another whole grain such as barley, farro, or whole wheat couscous).
2. While the quinoa cooks, wash and chop the cucumber, spinach, and onion. Drain and rinse the chickpeas and corn (if using canned corn).
3. For the dressing, blend olive oil, apple cider vinegar, lemon juice and zest, finely chopped basil, and salt and pepper. If you do not have a blender, you can mix by hand but make sure basil is chopped finely.
4. Combine cooked quinoa, blueberries, cucumber, corn, baby spinach, red onion, unshelled pistachios, and chickpeas in a large bowl. Drizzle dressing over salad ingredients and mix well.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.