



THE  
**NephChef™**



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

# Blueberry Quinoa Salad with Lemon Basil Vinaigrette

## 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.