



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Quinoa Parsley Salad

Adapted from Cooking Light

- 1 cup of water
- ½ cup uncooked quinoa, rinsed
- 3 tbsp fresh lemon juice
- 1 tbsp olive oil
- 1 tbsp honey
- ¼ tsp salt
- ¼ tsp black pepper
- ¾ cup parsley leaves, roughly chopped
- ½ cup thinly sliced celery
- ½ cup thinly sliced green onion
- ½ cup finely chopped dried apricots
- ¼ cup pumpkin seeds

Instructions:

Bring water and quinoa to a boil in a medium saucepan; cover, reduce heat, and simmer for 20 minutes or until the liquid is absorbed. While the quinoa is cooking, whisk the lemon juice, olive oil, honey, salt and pepper together in a small bowl.

Fluff the quinoa with a fork and place in a bowl. Add the parsley, celery, onion, and apricots. Toss with the dressing to coat and top with pumpkin seeds.

Yield: Serves 4

Note: 1 serving of this quinoa salad is a good source of iron.



NUTRITION INFORMATION PER SERVING (about 2/3 cup):

CALORIES: 195 calories	PROTEIN: 5 g	SODIUM: 160 mg
	CARBOHYDRATE: 33 g	FIBER: 4 g
	FAT: 6 g	Sat Fat: 1 g