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):

<table>
<thead>
<tr>
<th>CALORIES: 195 calories</th>
<th>PROTEIN: 5 g</th>
<th>SODIUM: 160 mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>CARBOHYDRATE: 33 g</td>
<td>FIBER: 4 g</td>
<td></td>
</tr>
<tr>
<td>FAT: 6 g</td>
<td>Sat Fat: 1 g</td>
<td></td>
</tr>
</tbody>
</table>