

QUINOA PARSLEY SALAD

Adapted from Cooking Light

Ingredients

- ½ cup uncooked quinoa
- ¾ cup parsley leaves
- ½ cup thinly sliced celery
- ½ cup thinly sliced green onion (scallion)
- ½ cup finely chopped dried apricots
- 3 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon honey
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup pumpkin seeds

Instructions

Bring 1 cup water and quinoa to a boil in a medium saucepan. Cover, reduce heat, and simmer for 20 minutes or until the liquid is absorbed. Place the cooked quinoa in a bowl and add the parsley, celery, onion, and apricots.

In a small bowl, whisk lemon juice, olive oil, honey, salt and pepper together. Add dressing to quinoa, toss, and top with pumpkin seeds.

Yield: 4 servings



NUTRITION FACTS PER SERVING

CALORIES: 200

PROTEIN: 5 grams

SODIUM: 160 milligrams

CARBOHYDRATE: 33 grams

FIBER: 4 grams

FAT: 6 grams

SATURATED FAT: 1 grams