

Moroccan Quinoa Salad



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Makes 10 Servings

What You Need

Did you know?

Quinoa contains more protein than any other grain!

- 3 cups cooked quinoa
- ½ cup chopped pitted dates
- ½ cup chopped dried apricots
- ½ dried cranberries
- 1/3 cup toasted slivered almonds
- 2 tbsp sunflower seeds
- 2 tbsp olive oil
- Rind and juice of 1 orange and 1 lemon
- 2 tbsp fresh chopped cilantro
- Chopped orange and yellow bell pepper (1/2 of each)

Per Serving

Calories 325
Carbohydrates 56g
Protein 9g
Fat 9g
Dietary Fiber 5.5 g

How You Prepare

1. Cook quinoa and let cool.
2. Combine all ingredients in a separate bowl, except for almonds and sunflower seeds.
3. Add quinoa to the ingredients and mix together.
4. Just before serving, top salad with sunflower seeds and slivered almonds. Enjoy!