



Colorful Quinoa Salad

Prep: 10 minutes | Cook: 15 minutes | Chill: 10 minutes | Total: 35 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

- 1 cup uncooked quinoa, rinsed
- 2 cups (16 ounces) low-sodium vegetable broth
- 2 tablespoons extra-virgin olive oil
- Zest and juice from 1 orange (about 1 tablespoon zest and about ¼ cup juice)
- 1 tablespoon red wine vinegar
- 1 tablespoon Dijon mustard
- 2 cups fresh spinach or arugula, chopped
- 4 scallions (green onions), thinly sliced (about ½ cup)
- ½ cup dried cranberries
- ¼ cup chopped fresh parsley
- ¼ cup chopped pecans
- ½ cup crumbled feta

Directions

1. Add the quinoa and broth to a medium saucepan.
2. Bring to a boil over high heat, then reduce the heat to medium-low to maintain a gentle simmer.
3. Cover the pot with a lid and cook until the quinoa is tender, about 10-15 minutes.
4. While the quinoa is cooking, in a large mixing bowl, whisk together the oil, orange zest, orange juice, red wine vinegar, and mustard to make a dressing.
5. Transfer the cooked quinoa to the bowl with the dressing and toss to combine.
6. Set the quinoa aside to cool for about 5-10 minutes, stirring every 1-2 minutes to allow for quicker cooling.
7. Add the spinach or arugula, scallions, dried cranberries, parsley, and pecans. Stir to combine.
8. Add the feta and gently fold to combine.
9. Serve right away, or chill before serving if desired.

Recipe Notes

- Substitute goat cheese for the feta if desired.

**Nutrition Facts Per Serving: Calories: 280 | Total Fat: 13 g | Saturated Fat: 3 g
Sodium: 260 mg | Total Carbohydrate: 35 g | Dietary Fiber: 4.5 g | Protein: 7 g**

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