Quinoa Salad
Makes 4 servings

Ingredients:
1 cup quinoa, cooked
1 onion chopped
1 15 oz. can corn, drained, and rinsed
1 15 oz. can chickpeas, drained, and rinsed
1 cup cherry tomatoes, sliced
5 oz. spring mix salad greens

Salad Dressing Ingredients
3 tablespoons red wine vinegar
3 tablespoons olive oil
2 teaspoons cumin
1 teaspoon lemon pepper

Options
*You can substitute 2 cups frozen corn

Directions:
1. Place all salad ingredients in a large bowl and toss to combine.
2. Mix salad dressing ingredients together. Pour over salad right before serving.

Source: NDSU Extension Service

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Nutrition Facts

4 servings per container
Serving size 1/4 of recipe (394g)

Amount per serving
Calories 380

% Daily Value*
Total Fat 15g 19%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 630mg 27%
Total Carbohydrate 50g 18%
Dietary Fiber 12g 43%
Total Sugars 14g
includes 0g Added Sugars 0%
Protein 13g

Vitamin D 0mcg 0%
Calcium 91mg 8%
Iron 3mg 15%
Potassium 450mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

36% calories from fat

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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