

Strawberry Quinoa Salad



DelFresco
Pure®

Yield: 2 servings

Prep Time: 10 minutes

Total Time: 20 minutes

The crunchy textures of the quinoa and toasted almonds in this salad pair wonderfully with the freshness of the YES!Berries®!

Ingredients:

- 1 cup quinoa (regular or mixed)
- 1 vegetable stock cube
- 2 cups mixed greens
- 1/3 cup sliced almonds, lightly toasted
- 1 package YES!Berries Your Everyday Snack!®, washed, dried and hulled and cut into bite sized pieces
- 2 Mini Crunchers Cucumbers®, cut into disks
- 4 Sweettreats® Mini Sweet Peppers®, remove any seeds, finely diced
- 1/4 cup red onion, finely diced
- 5-6 leaves of fresh basil, chiffonade

Directions:

1. Place the sliced almonds in a small skillet and spread across the surface. Place over medium heat for a few minutes, stirring occasionally until almonds are toasted golden. Remove from heat and set aside to cool.
2. In a small bowl, whisk together the olive oil, orange juice, lemon juice, and honey.
3. Cook your quinoa with the stock cube to add flavour. Alternatively use ready made stock in place of water.
4. Assemble your salad in a large serving bowl. Combine the cooked quinoa and mixed greens, then top with all other ingredients. Add dressing and enjoy.

Dressing:

1 tablespoon olive oil, 1 tablespoon fresh squeezed orange juice, 1 tablespoon fresh squeezed lemon juice, 1 teaspoon of liquid honey, salt and pepper to taste.



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Serving Size: 2 servings, Calories per serving 339, Total Fat 7.4g (9% Daily Value), Saturated Fat 0.6g (3% Daily Value), Cholesterol 0mg(0% Daily Value), Sodium 38mg (2% Daily Value), Total Carbohydrates 58.8g (21% Daily Value), Fiber 11.6g (41% Daily Value), Total Sugars 13.9g, Protein 12.9g