

Cleveland County Kitchen
May 2018
Food of the Month – Lettuce & Herbs
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Family & Consumer Sciences
Recipe – Quinoa Strawberry Salad



Ingredients:

Salad:

- ½ cup dry quinoa
- 2 cups baby spinach leaves, chiffonade
- ⅔ cup sliced strawberries
- 2 tablespoons sliced almonds, toasted
- 1 handful of fresh basil leaves, chiffonade

Dressing:

- 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 2 tablespoons olive oil
- Salt and fresh ground pepper to taste



Directions:

1. Place quinoa in medium saucepan along with 1¾ cups water. Bring to boil, then cover and reduce heat to simmer for 15 minutes or until cooked.
2. Remove lid and cook until all water is evaporated. Remove from heat.
3. Make the dressing by combining all ingredients in a bowl or jar.
4. Place the quinoa, spinach, strawberries, toasted almonds, and basil in bowl and combine.
5. Add and toss in dressing just prior to serving.

Nutrition Information per Serving:

(Based on ½ teaspoon salt and ½ teaspoon black pepper)

- Serving Size: 1 cup
- Vegetables: ½ cup
- Fruits: ¼ cup
- Calories: 182 calories
- Carbohydrates: 18 grams
- Fiber: 3 grams
- Protein: 5 grams
- Fat: 10 grams
- Sodium: 33 mg

Source: NC State Extension, NC Division of Public Health, Eat Smart Move More NC - Med Instead of Meds recipe

Made Available by:

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