



Fruit and Quinoa Salad

Makes 6 servings

Ingredients

- 3 tablespoons freshly squeezed lime juice
- 3 tablespoons honey
- 2 tablespoons fresh mint
- 1/2 tablespoon chopped fresh basil
- 2 cups cooked quinoa
- 1 1/2 cups fresh blueberries
- 1 1/2 cups fresh strawberries, stems removed and sliced

Directions

1. In a small bowl, whisk together lime juice, honey, mint and basil.
2. In a large bowl, combine remaining ingredients. Add dressing (made in step 1) and toss until well-coated.
3. Enjoy!



SIDE DISH



TIP

You can also add other seasonal fruits to this salad such as kiwi, cantaloupe, peaches, raspberries or watermelon.*

*Option not included in nutrition facts.

♥ = heart smart = low sodium = gluten free

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Nutrition Facts

Serving Size 1 1/4 cup (160g)
Servings Per Container 6

Amount Per Serving

Calories 140 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 31g **10%**

Dietary Fiber 4g **16%**

Sugars 14g

Protein 3g

Vitamin A 2% • Vitamin C 50%

Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 2 1/2