

LiveWell

## Quinoa salad

Yield: 8 servings



### Ingredients:

- 4 cups cooked quinoa
- ½ cup chopped green onion
- ½ cup chopped red bell pepper
- ¼ cup feta cheese
- ¼ cup pine nuts
- ¼ cup olive oil
- ¼ cup lemon juice
- ¼ teaspoon salt
- 1 dash of black pepper
- 1 dash of garlic powder

### Directions:

1. Place cooked quinoa, green onion, bell pepper, feta cheese and pine nuts in a large mixing bowl and stir to combine.
2. In a small bowl, whisk together olive oil, lemon juice, black pepper and garlic powder.
3. Add dressing to quinoa mixture and mix. Refrigerate until ready to serve.

### Nutrition information per serving:

Calories: 242

Fat: 15 grams

Saturated fat: 2 grams

Cholesterol: 4 mg

Sodium: 153 mg

Carbohydrates: 22 grams

Fiber: 2.5 grams

Protein: 6 grams

Food exchanges:

1 carbohydrate,

1 vegetable, 3 fat