

Blueberry Quinoa Salad



Ingredients

1 c quinoa, cooked
2 scallions, chopped
½ feta crumbled
1 tsp dried dill
¼ c lemon juice
1 clove garlic minced
1/3 c dried blueberries
½ a head of lettuce, shredded
1 roma tomato, diced

Dressing

1/3 c fresh blueberries
¼ c balsamic vinegar
¼ c extra virgin olive oil
2 tsp Dijon mustard
2 tsp honey
¼ tsp salt
1/8 tsp black pepper

Nutritional Information

Calories per serving 321

Total Fat 19g

Saturated Fat 4.8g

Cholesterol 16mg

Sodium 395mg

Total Carbohydrates 33g

Dietary Fiber 4.5g

Protein 6g

Directions

Place all the items for the salad dressing in a blender and puree. Taste to see if you need to add more honey or salt.

Combine the lemon juice, dill and garlic in a bowl, add quinoa and toss. Then add the scallion, feta, tomato, blueberries and lettuce. Add desired amount of dressing and toss.

This a great side salad or with pita chips.

Servings 4