

The Healthy Cook

Quinoa & Winter Fruit Salad



SERVES 6

Tri-color quinoa is a combination of white, red, and black quinoa. Use regular (white) quinoa if you can't find it.

- 1 cup tri-color quinoa
- 2 Tbs. fresh lemon juice
- 2 Tbs. extra-virgin olive oil
- ¼ tsp. kosher salt
- ¼ cup loosely packed mint leaves
- ¼ cup loosely packed parsley leaves
- 2 navel or Cara Cara oranges, peeled and chopped
- 1 cup pomegranate seeds



1. Rinse the quinoa thoroughly in a fine mesh strainer with cold water.
2. In a medium pot, bring 2 cups of water to a boil.
3. Stir in the quinoa and reduce to a low simmer. Cover and cook until the water is absorbed and the quinoa is tender, 15-20 minutes.
4. Rinse under cold water to cool, then drain well.
5. In a large bowl, make the dressing by whisking together the lemon juice, oil, and salt.
6. Chop the herbs and immediately stir them into the dressing.
7. Toss the quinoa with the dressing.
8. Add the oranges and pomegranate seeds and stir gently to combine.

Per serving (1 cup): calories 190 | total fat 7 g | saturated fat 1 g | sodium 90 mg | carbs 30 g | total sugar 9 g | added sugar 0 g | fiber 5 g | protein 5 g