



Southwest Quinoa Salad

Ingredients:

- 1 cup quinoa, uncooked
- 1 ½ cups water
- 2 medium tomatoes
- ½ cucumber
- ¼ bunch cilantro
- 1 tablespoon almond slivers
- ¼ cup raisins
- ½ teaspoon ground cumin
- 2 tablespoons lime juice
- ¼ teaspoon salt
- ½ teaspoon ground black pepper

Instructions:

1. Place quinoa and water into a medium pot, and bring to a boil. Cover with lid, reduce heat, and simmer for 15 minutes.
2. While quinoa is cooking, deseed and dice the tomatoes and the cucumber and mince the cilantro.
3. Add all of the ingredients to a large mixing bowl, including the cooked quinoa, and stir until well combined. Serve as is, or refrigerate for an hour for a cold, refreshing salad!

Variations:

- Try any sort of whole grain in place of quinoa – we like barley, millet, brown rice, and wheat berries!
- Bring some variety by switching up the dried fruit and nuts. Walnuts, pecans, dried apricots, or even freshly chopped apple would taste great in this salad!
- Make this dish a bit more filling by adding 1 15oz can of your favorite beans (drained and rinsed). Try black, white, navy, or black-eyed peas!
- Cold salads with fresh herbs and raw vegetables keep this dish very refreshing, but you can serve it hot! Warm foods can often make you feel fuller.

Prep Time: 30 minutes

Cooking Time: 20 minutes

Equipment:

stovetop
medium pot with lid
knife and cutting board
large mixing bowl

Servings: 4

Serving Size: 1 cup



Nutrition Facts: 240 Calories, 5 g Fat, 0 g Saturated Fat, 42 g Carbohydrates, 8 g Protein, 6 g Fiber, 11 g Sugar, 160 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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