



Quinoa Salad with Grapes and Feta

Have you not yet tried Quinoa? Of ALL the whole grains it contains the most protein (and all 9 essential amino acids), and it's fairly quick to prepare (10-15 minutes). Enjoy it in this fresh dish paired with some heart healthy fats and the light taste of lemon and grapes.

Ingredients

1 cup of uncooked quinoa
¾ cup grapes, halved
½ cup walnuts, chopped
¼ tsp of pepper
¼ tsp of salt

¼ cup flat leaf parsley, chopped
½ cup feta cheese, crumbled
2 ½ TBSP of lemon juice
3 TBSP extra virgin olive oil

Directions

- Cook quinoa according to package directions and fluff with a fork before placing in a large bowl
- Add grapes, feta, walnuts and parsley to quinoa mixture in the large bowl, toss until combined
- Combine lemon juice, olive oil, salt and pepper in a small bowl and whisk
- Pour dressing over the quinoa mixture, toss and serve at room temperature
- Makes six servings

The Data (per serving)

Calories: 350 cal	Carbs: 34 gm	Total Fat: 19 gm
Protein: 10.5 gm	Fiber: 1 gm	Sat. Fat: 3.5 gm