

Mediterranean Quinoa

This colourful and flavourful recipe makes an excellent side dish, and is super easy to make! It can be enjoyed hot or cold. Quinoa is one of the few vegetarian sources of a complete protein. This recipe provides iron and is also a great source of vitamin C, which enhances the absorption of non-heme iron in the body.

Prep: 10 minutes • Total: 30 minutes

to taste

to taste

Ingredients:		
quinoa, cooked	2 cups	500 mL
extra virgin olive oil	¼ cup	60 mL
cherry tomatoes, halved	1 cup	250 mL
green onions, thinly sliced	½ cup	125 mL
fresh oregano	2 Tbsp	30 mL
roasted garlic, chopped	2-3 cloves	2-3 cloves
lemon juice	1 Tbsp	15 mL

to taste

to taste

Directions:

freshly ground black pepper

kosher salt

- 1. Prepare quinoa to package directions, using low sodium chicken broth in place of water.
- 2. One at a time, stir tomatoes, green onions, oil, roasted garlic, oregano, and lemon juice into quinoa
- 3. Eat immediately, or chill in refrigerator.

Note: couscous, kamut, buckwheat groats, or brown rice can all be substituted for quinoa, depending on taste or dietary preferences.

Nutrition Facts

Serving Size (179g) Servings Per Container

Amount	Per	Ser	ving
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Calories 270	Calories ⁻	from Fat 170
		% Daily Value*
Total Fat 20g		31%
Saturated Fat 2.5g		13%
Trans Fat 0g	l	
Cholesterol Or	ng	0%
Sodium 85mg		4%
Total Carbohy	drate 20g	7%
Dietary Fibe	r 2g	8%
Sugars 2g		

Protein 4g

Vitamin A 10%	 Vitamin C 20%
Calcium 4%	• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calones.	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g
Calarias nas ans			

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: The London Training Centre

Makes 3 servings (179g / serving) • 1 serving = about 1 cup

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