



# GRAPEFRUIT QUINOA SALAD

Yield: 1 Serving

## Nutrition Facts

Serving size 12.25 oz. (347 g)

Amount per serving  
**Calories 750**

% Daily Value\*

**Total Fat** 40g 50%

Saturated Fat 5g 25%

Trans Fat 0g

**Cholesterol** 6mg 2%

**Sodium** 1088mg 45%

**Total Carbohydrate** 88g 30%

Dietary Fiber 10g 35%

Total Sugars 48g

Includes 13g Added Sugars 25%

**Protein** 16g

Vitamin D 0mcg 0%

Calcium 160mg 10%

Iron 4mg 20%

Potassium 617mg 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients

### Cranberry Quinoa Salad

- 3 oz.
- 2 tablespoons
- 2 tablespoons
- 3 teaspoons
- 2 teaspoons
- 1 teaspoon
- 1/8 teaspoon
- 1/2 teaspoon
- 1 teaspoon
- 1/8 teaspoon
- 1/8 teaspoon

- Quinoa, cooked
- Cranberries, dried
- Almonds, slivered
- Parsley
- Olive Oil
- Honey
- Garlic Cloves, minced
- Dijon Mustard
- Lemon Juice
- Salt
- Black Pepper

### Grapefruit Quinoa Salad

- 1/3 cup
- 1/2 teaspoon
- 4 tablespoons
- 1/4 teaspoon
- 1/4 teaspoon
- 1/4 teaspoon
- 1/4 teaspoon
- 1 tablespoon
- 1/2 teaspoon
- 1/8 teaspoon
- 1/8 teaspoon

- Grapefruit Segments
- Canola Oil
- Chickpeas, drained and rinsed
- Mint, chopped
- Tarragon, chopped
- Basil, chopped
- Feta Cheese, crumbled
- White Vinegar
- Salt
- Black Pepper

## Procedures

1. Prepare quinoa according to package instructions
2. Combine the cooked quinoa with remaining ingredients for cranberry quinoa salad and set aside.
3. Combine chickpeas, salt, pepper, vinegar and oil. Set aside.
4. Place the cranberry quinoa salad in a bowl and top with chickpea mixture.
5. Top with grapefruit segments, and crumbled feta cheese.
6. Sprinkle it with basil, mint and tarragon.