



INGREDIENTS

- 2.5 oz Quinoa
- 1.5 oz Balsamic Dressing
- 1 Green Bell Pepper
- 1 Avocado
- 7 each Grape Tomatoes
- ½ cup Chopped Romaine

MORE INFO

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Classic Quinoa Salad

Cool quinoa salad with crisp veggies and balsamic dressing—fresh and healthy.

SERVING
SIZE:
2

CALORIES/
SERVING:
360

PROTEIN/
SERVING:
9g

BOIL

1. In medium sauce pot add quinoa and 1 cup of water, bring to a boil.

SIMMER

1. Reduce heat to simmer, cover and cook on low for about 15 minutes.

REST

1. Remove from heat and allow to rest, covered, for another 10 minutes.

FLUFF

1. Fluff with fork and spread out in a thin layer on a plate or baking sheet and cool in the refrigerator.

ADD

1. Once quinoa is cooled add it to a mixing bowl with the chopped romaine, grape tomatoes, diced bell pepper and avocado.

ENJOY

1. Toss with balsamic dressing
2. Enjoy!

