



Vegan Quinoa Salad



Northwell Healthy Choice

Though technically a seed, quinoa is classified as a whole grain and is a good source of plant-protein and fiber. One cup cooked provides about 8 grams of protein and 5 grams of fiber. Unlike many other sources of plant protein, quinoa is a complete protein, meaning it contains all nine essential amino acids that our bodies cannot make on their own.

Level: **Easy** Yield: 12 servings
Total: 45 min Prep: **15 min** Cook: **30 min**

Nutrition Facts per serving (1/2 cup):
167 Calories, 10g Total Fat (1g Saturated Fat),
53mg Sodium, 17g Carbs (2g Fiber, 2g Total Sugar),
4g Protein

Ingredients

- 1 1/2 cups quinoa
- 1/2 cup pine nuts
- 2 1/2 cups English cucumber, peeled and finely diced
- 3/4 cup Roma tomato, seeded and diced
- 1/2 cup red onion, finely diced
- 1/2 cup parsley, chopped
- 1/4 cup olive oil
- 3 Tbsp lemon juice
- 2 tsp grated lemon zest

Instructions

1. Preheat oven to 400 degrees Fahrenheit.
2. Bring 2 quarts (8 cups) water to a boil. Add quinoa, cover and reduce to heat to medium-low. Simmer 12-14 minutes or until quinoa is tender and small “tails” bloom from grains.
3. Spread pine nuts on baking sheet and toast 3 – 4 minutes or until lightly browned. Cool and then transfer to large serving bowl.
4. When quinoa is done, drain in sieve and rinse under cold running water. Rinse and drain again. Add quinoa to the serving bowl with the pine nuts and stir in cucumber, tomatoes, onion and parsley. Fold in olive oil and lemon zest, seasoning if desired with salt and pepper.

