



Mediterranean Quinoa Salad

Prep time: 1 hour

Cook time: 15 minutes

Makes: 6 Servings

A nutritious whole grain called quinoa is mixed with a colorful variety of vegetables for a tasty side salad.

Ingredients

1 cup Quinoa, dry

2 cups low-sodium chicken broth

2 tablespoons lemon juice

2 tablespoons red wine vinegar

1 teaspoon Fresh garlic, minced

1 1/2 tablespoons extra virgin olive oil

1/2 teaspoon salt

1/8 teaspoon ground white pepper

Nutrition Information

Nutrients	Amount
Calories	166
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	3 mg
Sodium	278 mg
Total Carbohydrate	23 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	7 g
Vitamin D	1 IU
Calcium	42 mg
Iron	2 mg
Potassium	303 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1/4 cup
 Grains	1 ounce

1/4 cup Fresh red bell peppers, seeded, diced

2 tablespoons Fresh green onions, diced

2 tablespoons Fresh red onions, peeled, diced

1/2 cup Fresh cherry tomatoes, halved

1/8 cup Black olives, sliced

2 tablespoons Feta cheese, crumbled

1 tablespoon Fresh parsley, chopped

Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and chicken broth in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until broth is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. A rice cooker may be used with the same quantity of quinoa and water. Cover and refrigerate.
2. In a small mixing bowl, combine lemon juice, vinegar, garlic, olive oil, salt, and ground pepper to make dressing.
3. Combine red peppers, green onions, red onions, tomatoes, and olives in a large mixing bowl. Mix well.
4. Add dressing to vegetable mixture. Mix in cooled quinoa. Fold in feta cheese and parsley. Cover and refrigerate for about 2 hours. Serve chilled.

Notes

Our Story

Bellingham Memorial Middle School in Bellingham, Massachusetts, serves over 800 students in grades 5-8. The school seeks to establish itself as an exemplary middle school by developing programs that are responsive to student needs.

The recipe challenge team held an afterschool cooking class. After a discussion on the value of healthy eating and a lesson on basic nutrition, the students went to

work to create a recipe. The end result was a tasty side salad featuring a nutritious whole grain called quinoa, mixed with a colorful variety of vegetables, including red peppers, parsley, and cherry tomatoes. Feta cheese and a light lemon dressing complete the Mediterranean Quinoa Salad. What a party of flavor!

Bellingham Memorial Middle School

Bellingham, Massachusetts

School Team Members

School Nutrition Professional: Jeanne Sheridan, SNS

Chef: Rodney Poles (Whole Foods Market, partner chef from Chefs Move to Schools chefsmoveetoschools.org)

Community Members: Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

Students: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

Source: Recipes for Healthy Kids Cookbook for Homes