



Crunchy Quinoa Salad

This crunchy, colorful quinoa salad combines the nutty flavor of protein-packed quinoa with tomatoes, cucumbers, green onions, fresh mint, and parsley. Spoon the salad onto Bibb lettuce leaf “cups” for even more cool crunch.

Serves 8 (1 serving = ½ cup)



Ingredients

- 1 cup quinoa, rinsed
- 2 cups water
- 5 cherry tomatoes, diced
- ½ cup cucumbers, seeded and diced
- 3 green onions, chopped
- ¼ cup fresh mint, chopped
- ½ cup flat leaf parsley, chopped
- 2 tablespoons fresh lemon juice
- 1 tablespoon grated lemon rind (zest)
- 4 tablespoons olive oil
- ¼ cup parmesan cheese, grated
- ½ head Boston or Bibb lettuce, separated into cups

Nutrition Per Serving

Calories	158 cal	Carbohydrates	16 g
Total Fat	9 g	Protein	5 g
Saturated Fat	2 g	Phosphorus	129 mg
Trans Fat	0 g	Potassium	237 mg
Cholesterol	2 mg	Dietary Fiber	2.3 g
Sodium	46 mg	Calcium	61 mg

Directions

1. Rinse quinoa under cold running water until clear, then drain well.
2. Place quinoa in a pan over medium-high heat and toast for 2 minutes, stirring frequently. Add 2 cups of water and bring to a boil. Reduce heat to low, cover pan and simmer for 8–10 minutes. Let cook and fluff with a fork.
3. Combine the tomatoes, cucumbers, and onions with the herbs, lemon juice, zest, and olive oil. Add the cooled quinoa to the mixture.
4. Spoon the mixture into lettuce cups, then sprinkle Parmesan cheese on top.

Recipe provided by Fresenius Kidney Care.

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