

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month

Moroccan Quinoa Salad

(Makes 6 servings)

Ingredients

- 3 cups cooked quinoa (1 cup dried)
- 1/3 cup freshly squeezed lemon juice (about 2 lemons)
- 3 tablespoons olive oil
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 1/4 teaspoon sugar
- 1-1/2 cups canned black beans, rinsed
- 1-1/2 cups corn kernels (about 2 cobs) or defrosted frozen
- 1/2 small red onion, thinly sliced
- 1 pint cherry tomatoes, quartered
- 1/2 cup slivered almonds, toasted
- 1/4 cup chopped green or black olives
- 1/4 cup chopped fresh mint
- 1/4 cup chopped fresh coriander



Instructions

1. Cook quinoa, according to package instructions.
2. While quinoa is cooking, whisk together lemon juice, olive oil, cumin, salt and sugar into a vinaigrette in a small bowl.
3. Combine quinoa and all remaining ingredients, except fresh herbs, into a medium-sized bowl.
4. Drizzle with vinaigrette. Toss to combine.
5. Refrigerate for at least one hour to allow flavours to combine. Add fresh herbs just prior to serving. May be served at room temperature.

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Nutritional Information (per serving)

Calories...407

Protein...14 g

Carbohydrate...56 g

Fat...17 g



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