

Whole Grain Lunch/Dinner Recipe

Rice Cooker

Quinoa Salad



Ingredient	Approx. Cost*
1 lb. bag Quinoa, (use 1 rice cup dry for 3 cups cooked)	\$1.70
1 pint of grape tomatoes (use 1 cup, cut in half)	\$1.74
½ of 1 red onion, chopped (or green onion)	\$. 89
1 whole small cucumber, peeled or 1/2 English cucumber, cut in quarters lengthwise, sliced	\$. 75
1 - 15 oz. can Great Northern beans, drained and rinsed	\$1.29
1 bunch of fresh Italian flat-leaf parsley (use ¼ cup chopped)	\$. 75
1 - 16 pkg. sunflower seeds, hulled (use 2/3 cup)	\$1.65
Seasonings: salt, 2 lemons (use 1/3 cup juice), olive oil (3 T), ground black pepper to taste	\$1.00**
Total	\$13.16

of servings: about 8 **Cost per serving: \$ 1.22**

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used

Directions: Combine cooked quinoa, tomatoes, cucumber, onion, beans, sunflower kernels and parsley; toss gently. Combine lemon juice and oil; pour over salad. Season with salt and pepper; toss gently. Served chilled or at room temperature.

Nutritional Information per 1 cup Serving:

Calories	228	
Total Fat	11.5	g
Saturated Fat	1.4	g
% of daily total	6.4	%
Carbohydrates	28	g
Protein	8.5	g
Fiber	6	g

		% of daily total
Vit A	11.	%
	7	
Vit C:	17.	%
	4	
Calcium:	5.9	%
Iron	19.	%
	6	
Good source of*	<i>Niacin, Vitamin B6, Magnesium, Potassium</i>	
*(10% or more of the)		

based on 2000 calorie diet

