

## Healthy Recipe

# GET HEALTHY, STAY HEALTHY

## Snap Pea & Quinoa Salad

**Makes:** 6 servings (1 cup servings) • **Active Time:** 25 minutes • **Total Time:** 60 minutes

### Ingredients

- 2 cups water
- 1 cup quinoa (see note)
- 2 cups fresh snap peas, trimmed and cut diagonally into thirds
- 1 1/2 cups button mushrooms, cut into quarters
- 1/3 cup thinly sliced red onion, cut into 1-inch lengths
- 1 tablespoon chopped fresh dill
- 1/3 cup white balsamic vinegar or white-wine vinegar
- 1/4 cup extra-virgin olive oil or flaxseed oil
- 1 teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- 1 teaspoon pure maple syrup



### Preparation

- Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 minutes. Fluff with a fork and set aside to cool completely.
- Combine peas, mushrooms, onion and dill in a medium bowl. Whisk vinegar, oil, lemon zest, lemon juice and maple syrup in a small bowl. Stir the dressing into the cooled quinoa until evenly dispersed.
- Add the quinoa to the vegetable mixture, toss and serve.

### Nutrition

**Per 1 cup serving :** 223 calories; 11 g fat (2 g sat, 8 g mono); 0 mg cholesterol; 25 g carbohydrates; 1 g added sugars; 6 g protein; 3 g fiber; 10 mg sodium; 311 mg potassium.

### Tips: & Notes:

- **Note:** Quinoa is a healthy quick-cooking whole grain from South America, is packed with protein and fiber and is a nutritious. This can be found in most super markets including locally at Kroger, Wal-Mart and Albertsons.
- **Make Ahead Tip:** Prepare quinoa (Step 1), cover and refrigerate for up to 3 days. Cover and refrigerate the prepared salad for up to 1 day