**Apricot Quinoa Salad**

**Ingredients**

- ½ c. uncooked quinoa
- ¾ c. fresh parsley, chopped
- ½ c. celery, thinly sliced
- ½ c. green onions, thinly sliced
- ½ c. dried apricots, chopped
- ¼ c. roasted pepitas
- 3 Tb. lemon juice
- 1 Tb. olive oil
- 1 Tb. honey
- ¼ tsp. salt
- ¼ tsp. black pepper

**Nutrition Tip:** Quinoa is a great source of protein, fiber, B vitamins, iron, and magnesium. Consuming foods rich in fiber, such as whole grains, reduces the risk of coronary heart disease and may reduce constipation.

**Directions**

1. Cook quinoa according to package directions.
2. While waiting for the quinoa to cook, chop the veggies.
3. Prepare the dressing -- whisk lemon juice, olive oil, honey, salt, and black pepper.
4. Spoon quinoa into a bowl; fluff with a fork. Add parsley, celery, onions, apricots, pepitas, and dressing and toss well.

Recipe adapted from [https://www.myrecipes.com/recipe/quinoa-parsley-salad](https://www.myrecipes.com/recipe/quinoa-parsley-salad)

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