

Apricot Quinoa Salad

Makes 2 servings

Ingredients

- 1/2 c. uncooked quinoa
- 3/4 c. fresh parsley, chopped
- 1/2 c. celery, thinly sliced
- 1/2 c. green onions, thinly sliced
- 1/2 c. dried apricots, chopped
- 1/4 c. roasted pepitas
- 3 Tb. lemon juice
- 1 Tb. olive oil
- 1 Tb. honey
- 1/4 tsp. salt
- 1/4 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>

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