

# HEALTHY QUINOA SALAD RECIPES



Quinoa with Latin Flavors

Pear-Quinoa Salad

Quinoa Salad with Dried Apricots & Baby Spinach

Quinoa & Smoked Tofu Salad

Snap Pea & Quinoa Salad

Cherry, Wild Rice & Quinoa Salad

Quinoa Salad with Oranges, Beets & Pomegranate

Warm Quinoa Salad with Edamame & Tarragon

# Healthy Quinoa Salad Recipes

## QUINOA WITH LATIN FLAVORS

Heart Health  Diabetes

Weight Loss  Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 45 MIN

*Cilantro, lime and scallions lend a bright finish to delicate quinoa. This versatile side pairs well with seafood, poultry or pork.*

- 1 cup quinoa (see *Tips*)
- 2 teaspoons canola oil
- 1 medium onion, chopped
- 1 4-ounce can chopped green chiles
- 2 cloves garlic, minced
- 1 14-ounce can reduced-sodium chicken broth or vegetable broth
- ¼ cup pepitas, toasted
- ¾ cup coarsely chopped fresh cilantro
- ½ cup chopped scallions
- 2 tablespoons lime juice
- ¼ teaspoon salt

- 1.** Toast quinoa in a large dry skillet over medium heat, stirring often, until it crackles and becomes aromatic, 3 to 5 minutes. Transfer to a fine sieve and rinse thoroughly.
- 2.** Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add chiles and garlic; cook, stirring, for 30 seconds. Add the quinoa and broth; bring to a simmer. Reduce heat to maintain a gentle simmer, cover and cook until the quinoa is tender and most of the liquid has been absorbed, 20 to 25 minutes.
- 3.** Add pepitas, cilantro, scallions, lime juice and salt to the quinoa; mix gently and fluff with a fork.

**SERVES 6:** ⅔ CUP EACH

**Per serving:** 170 calories; 6 g fat (1 g sat, 2 g mono); 0 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 7 g protein; 3 g fiber; 330 mg sodium; 355 mg potassium.

**Nutrition bonus:** Magnesium (24% daily value), Vitamin C (21% dv), Folate (20% dv).

**Carbohydrate servings:** 1½

**Exchanges:** 1½ starch, 1 fat



## TIP

Quinoa, a delicately flavored grain that was a staple in the ancient Incas' diet, is available in most natural-foods stores and the natural-foods sections of many supermarkets.

Toasting the grain before cooking enhances the flavor, and rinsing removes any residue of saponin, quinoa's natural, bitter protective coating. Most quinoa is sold already rinsed. Check the label to see if you need to rinse before using.

# Healthy Quinoa Salad Recipes

## PEAR-QUINOA SALAD

Heart Health  Diabetes

Weight Loss  Gluten Free

**ACTIVE:** 20 MIN **TOTAL:** 40 MIN

*Quinoa is a quick-cooking whole grain with a slightly nutty flavor—a perfect partner for pears and walnuts in this fresh-tasting salad recipe. The flavor is best when the salad is at room temperature or cold. Refrigerate the salad for at least 15 minutes before serving.*

- 1 14-ounce can reduced-sodium chicken broth or vegetable broth
- 1 cup quinoa (see *Tip*, page 2), rinsed if necessary
- 2 tablespoons walnut oil or canola oil
- 1 tablespoon fruity vinegar, such as pear, raspberry or pomegranate
- ¼ cup snipped fresh chives
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 ripe but firm pears, diced
- ½ cup coarsely chopped walnuts or pecans, toasted (see *Tip*)

1. Bring broth to a boil in a large saucepan. Stir in quinoa, reduce heat to maintain a simmer, cover and cook until the liquid is absorbed and the quinoa has popped, about 15 minutes.
2. Meanwhile, whisk oil, vinegar, chives, salt and pepper in a large bowl. Add pears and toss to coat.
3. Drain any excess liquid from the cooked quinoa, if necessary. Add the quinoa to the pear mixture; toss to combine. Transfer to the refrigerator to cool for about 15 minutes or serve warm. Serve topped with nuts.

**SERVES 6:** ABOUT ¾ CUP EACH

**Per serving:** 246 calories; 13 g fat (1 g sat, 2 g mono); 0 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 7 g protein; 4 g fiber; 253 mg sodium; 332 mg potassium.

**Nutrition bonus:** Magnesium (20% daily value), Folate (18% dv).



## TIP

To toast chopped, small or sliced nuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

# Healthy Quinoa Salad Recipes

## QUINOA SALAD WITH DRIED APRICOTS & BABY SPINACH

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 45 MIN

**TO MAKE AHEAD:** The recipe makes  $\frac{2}{3}$  cup dressing (Step 1). Prepare through Step 4. Cover and refrigerate the quinoa salad and remaining dressing separately for up to 2 days.

*This spicy salad with little jewels of dried apricot in the mix would be welcome for lunch or a simple weekday dinner.*

### MOROCCAN-SPICED LEMON DRESSING

- $\frac{1}{4}$  cup lemon juice
- 2 tablespoons nonfat plain yogurt
- $1\frac{1}{2}$  teaspoons honey
- $\frac{1}{4}$  teaspoon ground cumin
- $\frac{1}{4}$  teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon ground ginger
- $\frac{1}{4}$  cup extra-virgin olive oil
- $\frac{1}{4}$  teaspoon salt, or to taste
- Freshly ground pepper to taste

### SALAD

- 1 cup quinoa
- 2 teaspoons extra-virgin olive oil
- 2 cloves garlic, minced
- $\frac{1}{2}$  cup dried apricots, coarsely chopped
- 2 cups water
- $\frac{1}{4}$  teaspoon salt
- $\frac{2}{3}$  Moroccan-Spiced Lemon Dressing, divided
- 1 cup cherry tomatoes or grape tomatoes, halved
- 1 small red onion, chopped
- 8 cups baby spinach
- $\frac{1}{4}$  cup sliced almonds, toasted

- 1. To prepare dressing:** Whisk lemon juice, yogurt, honey, cumin, cinnamon and ginger in a small bowl until blended. Slowly whisk in  $\frac{1}{4}$  cup oil so the dressing becomes smooth and emulsified. Season with salt and pepper.
- 2. To prepare salad:** Toast quinoa in a dry skillet over medium heat, stirring often, until it becomes aromatic and begins to crackle, about 5 minutes. Transfer to a fine sieve and rinse thoroughly.
- 3.** Heat 2 teaspoons oil in a medium saucepan over medium heat. Add garlic and cook, stirring constantly, until golden, about 1 min-



- ute. Add apricots and the quinoa; continue cooking, stirring often, until the quinoa has dried out and turned light golden, 3 to 4 minutes. Add water and salt; bring to a boil. Reduce heat to medium-low and simmer, uncovered, until the quinoa is tender and the liquid is absorbed, 15 to 18 minutes.
- 4.** Transfer the quinoa to a medium bowl and toss with  $\frac{1}{3}$  cup of the dressing. Let cool for 10 minutes.
  - 5.** Just before serving, add tomatoes and onion to the quinoa; toss to coat. Toss spinach with the remaining  $\frac{1}{3}$  cup dressing in

a large bowl. Divide the spinach among 4 plates. Mound the quinoa salad on the spinach and sprinkle with almonds.

**SERVES 4:** ABOUT 1 CUP EACH

**Per serving:** 456 calories; 24 g fat (3 g sat, 15 g mono); 0 mg cholesterol; 51 g carbohydrate; 2 g added sugars; 12 g protein; 15 g fiber; 373 mg sodium; 985 mg potassium.

**Nutrition bonus:** Vitamin A (135% daily value), Vitamin C (50% dv), Folate (38% dv), Magnesium (35% dv), Potassium (28% dv), Iron (27% dv), Zinc (19% dv).

# Healthy Quinoa Salad Recipes

## QUINOA & SMOKED TOFU SALAD

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

**ACTIVE:** 25 MIN **TOTAL:** 35 MIN

**TO MAKE AHEAD:** Store in an airtight container in the refrigerator for up to 1 day.

*We took the tangy fresh flavors of tabbouleh and paired them with smoky tofu and quinoa to create a main-dish salad that's perfect served on a bed of greens. This salad is jam-packed with heart-healthy ingredients—whole grains (quinoa), legumes (soy-based tofu) and plenty of vegetables.*

- 2 cups water
- $\frac{3}{4}$  teaspoon salt, divided
- 1 cup quinoa, rinsed well (see *Tip*, page 2)
- $\frac{1}{4}$  cup lemon juice
- 3 tablespoons extra-virgin olive oil
- 2 small cloves garlic, minced
- $\frac{1}{4}$  teaspoon freshly ground pepper
- 1 6- or 8-ounce package baked smoked tofu (see *Tip*), diced
- 1 small yellow bell pepper, diced
- 1 cup grape tomatoes, halved
- 1 cup diced cucumber
- $\frac{1}{2}$  cup chopped fresh parsley
- $\frac{1}{2}$  cup chopped fresh mint

**1.** Bring water and  $\frac{1}{2}$  teaspoon salt to a boil in a medium saucepan. Add quinoa and return to a boil. Reduce to a simmer, cover and cook until the water has been absorbed, 15 to 20 minutes. Spread the quinoa on a baking sheet to cool for 10 minutes.

**2.** Meanwhile, whisk lemon juice, oil, garlic, the remaining  $\frac{1}{4}$  teaspoon salt and pepper in a large bowl. Add the cooled quinoa, tofu, bell pepper, tomatoes, cucumber, parsley and mint; toss well to combine.

**SERVES 6:** ABOUT  $1\frac{1}{3}$  CUPS EACH

**Per serving:** 228 calories; 10 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 9 g protein; 4 g fiber; 376 mg sodium; 418 mg potassium.

**Nutrition bonus:** Vitamin C (80% daily value), Iron (25% dv), Vitamin A (20% dv), Magnesium (19% dv).

**Carbohydrate servings:** 2

**Exchanges:**  $\frac{1}{2}$  starch, 1 vegetable,  $\frac{1}{2}$  fat



## TIP

- Precooked “baked tofu” is firmer than water-packed tofu and comes in a wide variety of flavors. You might also like flavored baked tofu on a sandwich or in a stir-fry.

# Healthy Quinoa Salad Recipes

## SNAP PEA & QUINOA SALAD

Heart Health  Diabetes

Weight Loss  Gluten Free

**ACTIVE:** 25 MIN **TOTAL:** 1½ HRS (INCLUDING COOLING TIME)

**TO MAKE AHEAD:** Prepare quinoa (Step 1), cover and refrigerate for up to 3 days. Cover and refrigerate the prepared salad for up to 1 day.

*Snap peas and mushrooms are combined with the fresh flavor of lemon in this pretty, healthy quinoa salad recipe. If you can make it ahead of time, do—this quinoa salad is even better the next day, after the dressing has soaked into the mushrooms and quinoa. (Adapted from Quinoa Revolution by Patricia Green and Carolyn Hemming; Pintail Books, 2012.)*

- 2 cups water
- 1 cup quinoa
- 2 cups fresh snap peas, trimmed and cut diagonally into thirds
- 1½ cups button mushrooms, cut into quarters or eighths if large
- ⅓ cup thinly sliced red onion, cut into 1-inch lengths
- 1 tablespoon chopped fresh dill
- ⅓ cup white balsamic vinegar or white-wine vinegar
- ¼ cup extra-virgin olive oil or flaxseed oil
- 1 teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- 1 teaspoon pure maple syrup

**1.** 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.

**2.** 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.

**SERVES 6:** ABOUT 1 CUP EACH



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

**Nutrition bonus:** Vitamin C (32% daily value), Folate & Magnesium (17% dv).

**Carbohydrate servings:** 1½

**Exchanges:** 1 starch, 1 vegetable, 2 fat

# Healthy Quinoa Salad Recipes

## CHERRY, WILD RICE & QUINOA SALAD

Heart Health  Diabetes  
 Weight Loss  Gluten Free

**ACTIVE:** 30 MIN **TOTAL:** 1 HR

**TO MAKE AHEAD:** Cover and refrigerate for up to 4 hours.

*This whole-grain wild rice and quinoa salad recipe is perfect for toting to summer potlucks. It features sweet cherries, crunchy celery, nutty aged goat cheese and toasted pecans. If you can find red quinoa, it's particularly pretty.*

- $\frac{3}{4}$  cup wild rice
- $\frac{1}{2}$  cup quinoa, rinsed if necessary (see *Tip*, page 2)
- $\frac{1}{4}$  cup extra-virgin olive oil
- $\frac{1}{4}$  cup fruity vinegar, such as raspberry or pomegranate
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon freshly ground pepper
- 2 cups halved pitted fresh sweet cherries (see *Tip*)
- 2 stalks celery, diced
- $\frac{3}{4}$  cup diced aged goat cheese, smoked Cheddar or other smoked cheese
- $\frac{1}{2}$  cup chopped pecans, toasted (see *Tip*, page 3)

**1.** Bring a large saucepan of water to a boil over high heat. Add wild rice and cook for 30 minutes. Add quinoa and cook until the rice and quinoa are tender, about 15 minutes more. Drain and rinse with cold water until cool to the touch; drain well.

**2.** Meanwhile, whisk oil, vinegar, salt and pepper in a large bowl. Add the rice and quinoa, cherries, celery, cheese and pecans and toss to combine. Serve at room temperature or cold.

**SERVES 8:** ABOUT  $\frac{3}{4}$  CUP EACH

**Per serving:** 280 calories; 16 g fat (4 g sat, 9 g mono); 10 mg cholesterol; 27 g carbohydrate; 0 g added sugars; 8 g protein; 3 g fiber; 265 mg sodium; 258 mg potassium.



## TIP

To pit fresh cherries, use a tool made for the job—a hand-held cherry pitter; it also works for olives! Or pry out the pit with the tip of a knife or vegetable peeler.

# Healthy Quinoa Salad Recipes

## QUINOA SALAD WITH ORANGES, BEETS & POMEGRANATE

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

**ACTIVE:** 1 HR 10 MIN **TOTAL:** 1½ HRS

**TO MAKE AHEAD:** Cover and refrigerate beets (Steps 1 & 2) and quinoa (Step 3) in separate containers for up to 1 day. Prepare the salad up to 2 hours ahead; garnish just before serving.

*Roasted beets and sweet dates, tangy oranges and juicy pomegranate seeds make this quinoa salad recipe festive. Red quinoa, which you can commonly find in stores where white quinoa is sold, gives the dish a stunning color. If you can only find white, that's fine too.*

- 3 medium beets (about 1¼ pounds)
- 2 cups vegetable broth
- 1½ cups water
- 2 cups red quinoa
- ½ teaspoon salt
- 3 medium oranges
- 1 tablespoon sherry vinegar or freshly squeezed lemon juice
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 3 tablespoons extra-virgin olive oil
- ¼ cup plus 2 tablespoons finely chopped fresh parsley, divided
- ½ cup chopped pitted dates
- 1 whole pomegranate, seeded (see *Tips*)

1. Position rack in center of oven; preheat to 350°F.
2. Trim the root end of the beets and remove any greens (reserving for another use); rinse and pat dry. Wrap individually in foil. Roast until tender, 1 to 1¼ hours, depending on size. (Alternatively, place beets in a microwave-safe dish, add ¼ cup water, cover loosely and microwave on High until the beets are tender, about 10 minutes, depending on size.)
3. Meanwhile, bring broth, water, quinoa and salt to a boil in a large saucepan. Reduce heat, cover and simmer until the liquid is absorbed, about 20 minutes. Transfer the quinoa to a large serving bowl.
4. Zest and juice 1 orange. Place the juice in a medium bowl. Working over another bowl, cut the remaining 2 oranges into segments (see *Tips*) and set aside. Measure the juice



from the first orange—if it isn't quite ⅓ cup, squeeze the juice from the membranes until you get ⅓ cup. Add the zest, vinegar (or lemon juice), salt and pepper to the juice; gradually whisk in oil in a thin stream until well combined. Stir in ¼ cup parsley.

5. When cool enough to handle, peel and dice the roasted beets. Add to the quinoa along with dates and gently combine. Pour the dressing over the salad and gently toss to coat. Serve garnished with the reserved orange segments, pomegranate seeds and the remaining 2 tablespoons parsley.

**SERVES 8:** 1¼ CUPS EACH

**Per serving:** 305 calories; 8 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 51 g carbohydrate; 0 g added sugars; 8 g protein; 8 g fiber; 449 mg sodium; 625 mg potassium.

### Nutrition bonus:

Calcium (59% daily value), Magnesium (28% dv), Potassium (18% dv), Iron (16% dv).

## TIPS

- To seed a pomegranate, fill a large bowl with water. Lightly score the fruit into quarters from crown to stem end, cutting just through the skin. Hold the fruit under water, break it apart and use your hands to gently separate the plump seeds from the skin and white pith.
- To segment citrus, slice both ends off the fruit. With a sharp knife, remove the peel and white pith; discard. Working over a bowl, cut the segments from their surrounding membranes.

# Healthy Quinoa Salad Recipes

## WARM QUINOA SALAD WITH EDAMAME & TARRAGON

- Heart Health  Diabetes
- Weight Loss  Gluten Free

**ACTIVE:** 25 MIN **TOTAL:** 25 MIN

**TO MAKE AHEAD:** Prepare through Step 3. Cover and refrigerate for up to 2 days.

*Quinoa, a super food from South America, is packed with protein and fiber. Toasting it gives it a slightly nutty taste, a complement to the walnuts and a foil to the lemony tarragon dressing. Try this salad over greens of any sort: fresh arugula, Boston lettuce leaves or wilted spinach.*

- 1 cup quinoa (see *Tip*, page 2)
- 2 cups vegetable broth
- 2 cups frozen shelled edamame, thawed (10 ounces)
- 1 tablespoon freshly grated lemon zest
- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh tarragon or 2 teaspoons dried
- ½ teaspoon salt
- ½ cup drained and diced jarred roasted red peppers (3 ounces)
- ¼ cup chopped walnuts, preferably toasted (see *Tip*, page 3)

**1.** Toast quinoa in a dry skillet over medium heat, stirring often, until it becomes aromatic and begins to crackle, about 5 minutes. Transfer to a fine sieve and rinse thoroughly.

**2.** Meanwhile, bring broth to a boil in a medium saucepan over high heat. Add the quinoa and return to a boil. Cover, reduce heat to a simmer and cook gently for 8 minutes. Remove the lid and, without disturbing the quinoa, add edamame. Cover and continue to cook until the edamame and quinoa are tender, 7 to 8 minutes longer. Drain any remaining water, if necessary.

**3.** Whisk lemon zest and juice, oil, tarragon and salt in a large bowl. Add peppers and the quinoa mixture. Toss to combine. Divide among 4 plates and top with walnuts.



**SERVES 4:** 1½ CUPS EACH

**Per serving:** 404 calories; 17 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 47 g carbohydrate; 0 g added sugars; 16 g protein; 8 g fiber; 528 mg sodium; 319 mg potassium.

**Nutrition bonus:** Iron (25% daily value), Vitamin A & Vitamin C (20% dv).

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A recipe checked...

- Heart Health** has limited saturated fat.
- Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- Weight Loss** has reduced calories (and limited saturated fat).
- Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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