



Recipes



Nutty and Fruity Quinoa Salad with Maple Vinaigrette

Makes 8 servings

As we were testing this salad, we realized that a dressing from another recipe submitter might work well with it, so we paired the two for a winning combination. The salad has natural sweetness from the dried fruits, and the nuts give it crunch.

1 cup	quinoa, rinsed	250 mL
1/2 cup	sliced almonds	125 mL
1/2 cup	coarsely chopped apple	125 mL
1/2 cup	coarsely chopped dried apricots	125 mL
1/4 cup	toasted unsalted sunflower seeds	60 mL
1/4 cup	dried cranberries	60 mL
1/4 cup	raisins	60 mL
2 tbsp	finely chopped fresh mint	30 mL

1/2 cup Maple Vinaigrette 125 mL

Maple Vinaigrette

1/3 cup	pure maple syrup	75 mL
1/4 cup	cider vinegar	60 mL
1/4 cup	honey mustard	60 mL
2 tbsp	canola oil	30 mL

1. In a medium saucepan, combine quinoa and 2 cups (500 mL) water; bring to a boil over high heat. Reduce heat to low, cover and simmer for about 20 minutes or until liquid is absorbed and quinoa is tender. Let stand for 5 minutes. Fluff with a fork.
2. Transfer quinoa to a large bowl. Add almonds, apple, apricots, sunflower seeds, cranberries, raisins and mint; toss to combine. Pour in vinaigrette and toss gently to coat.
3. **Maple Vinaigrette:** In a jar, combine maple syrup, vinegar, mustard, oil and 2 tbsp (30 mL) water. Seal and shake until well blended. Store in the refrigerator for up to 1 week, shaking well before use. **Makes 1 cup (250 mL).**

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Tips

- If you're making quinoa on the weekend, cook extra to make this salad during the week.
- You can also use reduced-sugar maple-flavored syrup in the dressing.
- Quinoa is an ancient grain from South America. Some brands need to be rinsed before cooking, to remove a bitter outer coating; others do not. Familiarize yourself with the quinoa brands available in your area to learn whether rinsing is required.

Nutrients per serving

Calories	233
Fat	8.3 g
Carbohydrate	36 g
Saturated Fat	1.1 g
Protein	6 g
Fiber	4 g (16% DV)
Sodium	29 mg (1% DV)
Calcium	47 mg (4% DV)
Iron	3.1 mg (22% DV)

Very high in: magnesium

Diabetes Food Choice Values Per Serving:

2 Carbohydrates

1½ Fats

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