

Chard and Quinoa Salad

This tasty recipe is a good source of calcium and vitamin C, and an excellent source of iron and vitamin A. Try using other hearty greens if you do not have chard!

Serves 10



Ingredients

- 2 cups low-sodium broth or water
- 1 cup quinoa, rinsed
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 large bunch rainbow or Swiss chard, stems and leaves separated and chopped
- 1 can white beans, drained & rinsed
- ¼ teaspoon onion salt
- Juice from 1 lemon
- Pepper, to taste
- ½ cup golden raisins
- ½ cup dried cranberries
- ½ cup slivered almonds
- 6 ounces reduced-fat feta cheese

Nutrition Facts

Serving Size About ¾ Cup
Servings Per Recipe 10

Amount Per Serving

Calories 240 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 330mg 14%

Total Carbohydrate 37g 12%

Dietary Fiber 6g 24%

Sugars 10g

Protein 11g

Vitamin A 45% • Vitamin C 15%

Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. In a medium pot bring broth and quinoa to a boil over high heat.
2. Reduce heat and simmer for 20 minutes or until liquid is absorbed.
3. In a large skillet over medium-high heat, add oil, garlic and chard stems. Sauté for 5-7 minutes, stirring constantly.
4. Add chard leaves and beans. Cover and turn to medium-low heat. Cook for 5 minutes more, stirring occasionally until leaves are wilted.
5. In a large bowl, mix cooked quinoa, onion salt, lemon juice, and pepper to taste.
6. To quinoa mix, add cooked chard mixture, dried fruit, nuts and feta then toss gently until well combined.
7. Enjoy immediately or refrigerate before serving.

Please note: nutritional values are approximate.

