

Cherry, Arugula, and Quinoa Salad

Ingredients:

For the Salad:

- 1 cup dark cherries, pitted and cut in half
- 1/2 cup goat cheese or feta cheese crumbles
- 4 cups arugula
- 1 cup quinoa

For the Dressing:

- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard

Directions:

1. Add 2 cups water and 1 cup quinoa to a pot. Bring to a boil, cover, and simmer for 15-18 minutes. Let stand for 5 minutes and fluff with fork.
2. For salad, whisk together dressing ingredients and toss with arugula, quinoa, cherries, and cheese. Serve and enjoy!

Nutrition Facts	
Serving Size (172g)	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 6g	
Vitamin A 15%	• Vitamin C 8%
Calcium 8%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	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	

For more information, please contact:

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Source: Cookie and Kate

