

Lentil Quinoa Salad with Citrus

Ingredients:

1/2 cup dry lentils
1/2 cup dry quinoa
1/4 cup red onion, diced
2–3 clementines, segmented
1 avocado, diced
1/2 cup grape tomatoes, halved
1/4 cup fresh parsley, chopped
1/4 cup raw pecans
4 cups spinach

For the vinaigrette dressing:

1/4 cup unsweetened applesauce
2 tablespoons balsamic vinegar
1 tablespoon lemon juice
1 tablespoon Dijon mustard
Pinch of salt and pepper, to taste

Directions:

1. Prepare lentils and quinoa according to package instructions.
2. Whisk all dressing ingredients together and set aside.
3. Mix all salad ingredients, except the spinach, in a medium bowl.
4. When ready to serve, add 1 cup spinach to individual bowl and top with lentil quinoa mixture. Drizzle with dressing. Enjoy!

Note: Store spinach, lentil quinoa mixture, and dressing separately, if you have leftovers.

Nutrition Facts	
Serving Size 1 cup (258g)	
Servings Per Container 4	
Amount Per Serving	
Calories 340	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 45g	15%
Dietary Fiber 12g	48%
Sugars 8g	
Protein 12g	
Vitamin A 90%	Vitamin C 80%
Calcium 10%	Iron 25%
*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	

For more information, please contact:

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