

# Quinoa Broccoli Slaw

## Ingredients:

1 pound broccoli florets  
1/2 cup quinoa, cooked  
1/2 cup slivered almonds  
1/4 cup chopped fresh basil

## Dressing:

2 tablespoons olive oil  
2 tablespoons lemon juice  
2 tablespoons Dijon mustard  
1 tablespoon apple cider vinegar  
2 garlic cloves, minced  
1/2 teaspoon kosher salt  
Fresh ground pepper, to taste

## Directions:

1. Cook quinoa.
2. Toast the almonds. In a small skillet over medium heat, about 5 minutes.
3. To prepare the broccoli, trim off any brown bits from the florets and stems, then slice the florets off the stems into small pieces.
4. In a large serving bowl, combine the broccoli, cooked quinoa and toasted almonds.
5. Meanwhile, mix together the dressing.
6. Pour the dressing over the mixture, top with chopped basil and toss until well mixed. Let the slaw rest for about 20 minutes to let the flavors blend.
7. Serve and enjoy.

## Nutrition Facts

Serving Size 1 cup (146g)  
Servings Per Container 5

Amount Per Serving

**Calories 180**    **Calories from Fat 100**

% Daily Value\*

**Total Fat 12g**    **18%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 360mg**    **15%**

**Total Carbohydrate 17g**    **6%**

Dietary Fiber 5g    **20%**

Sugars 4g

**Protein 6g**

Vitamin A 60%    •    Vitamin C 140%

Calcium 8%    •    Iron 10%

\*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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