

White Fish Quinoa Salad

Ingredients:

- 1 medium white fish, cooked and flaked
- 3 cups quinoa
- 1/2 cup blueberries
- 1/2 cup dried cranberries
- 1/2 cup walnuts or sliced almonds

Directions:

1. Preheat oven to 400°F. Cook white fish in oven. Bake for 20 minutes.
2. Mix all ingredients together.
3. Serve.

Nutrition Facts

Serving Size (139g)
Servings Per Container 6

Amount Per Serving

Calories 240 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 15mg **1%**

Total Carbohydrate 31g **10%**

Dietary Fiber 4g **16%**

Sugars 9g

Protein 9g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • 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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Source: www.anthc.org
Book: *Foods We Alaskans Enjoy*

