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

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%

*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. 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!

For more information, please contact:
Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

Source: Cookie and Kate