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

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

Directions:

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

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

Source: www.anthc.org
Book: Foods We Alaskans Enjoy