HONEY LIME QUINOA FRUIT SALAD

INGREDIENTS:

- 1 cup quinoa
- 1 1/2 cups strawberries, sliced
- 1 cup blackberries
- 1 cup blueberries
- 1 mango, diced

DRESSING:

- 1/4 cup honey
- 2 tablespoons lime juice
- 1 tablespoon fresh basil, chopped

DIRECTIONS:

1. Rinse and prepare quinoa according to package directions. Let quinoa cool to room temperature.
2. In a large bowl, combine quinoa, strawberries, blueberries, and mango.
3. *Dressing:* In a small bowl combine honey and lime juice.
4. Drizzle dressing over fruit salad and toss to coat. Garnish with fresh basil.

Nutrition Facts

Serving Size 3/4 cup (188g)
Servings Per Container 6

Amount Per Serving

Calories 220	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 48g	**16%**
Dietary Fiber 5g	**20%**
Sugars 24g	
Protein 5g	

Vitamin A 15%	• Vitamin C 80%
Calcium 4%	• Iron 15%

*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

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

Source: therecipecritic.com