

# 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.

<b>Nutrition Facts</b>	
Serving Size 3/4 cup (188g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 48g	<b>16%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 24g	
<b>Protein</b> 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	

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Source: [therecipecritic.com](http://therecipecritic.com)

