Minty Quinoa with Cilantro

Ingredients:

- 1 cup quinoa, uncooked
- 2 cups water
- 1 cup fresh cilantro, chopped
- 1/4 cup fresh mint, chopped
- 1/4 cup shallot or red onion, minced
- 2 limes, juiced
- 1/3 cup olive oil
- 1/4 teaspoon black pepper
- 1 teaspoon salt

Directions

1. Rinse quinoa.
2. Bring quinoa and water to a boil. Cover, reduce heat and simmer for 15 minutes. Remove from heat and let sit without lifting lid for 5 minutes and let cool.
3. While quinoa is cooking, chop herbs and shallot. Set aside.
4. In a small bowl, slowly whisk olive oil into lime juice. Stir in pepper and salt.
5. In a large bowl, combine cooled quinoa, herbs, shallot, and lime juice dressing.
6. Serve warm or chilled.

Nutrition Facts

Serving Size (62g)
Servings Per Container 6

Amount Per Serving

Calories 230 Calories from Fat 130

	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 390mg	**16%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 4g	

Vitamin A 4% • Vitamin C 8%

Calcium 2% • Iron 8%

*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: joyfulbelly.com