Minty Quinoa Salad

Salad Ingredients:

- 1/3 cup olive oil, and 2 tablespoons olive oil, separated
- 4 cups yellow summer squash, cut into 1/2-inch cubes
- Salt and pepper to taste
- 1 1/2 cup quinoa
- 3 cups water

Dressing Ingredients:

- 1-2 lemons, zested and juiced
- 1 1/2 teaspoon honey
- 2 garlic cloves, minced
- 1 1/2 cups fresh mint, snipped
- 3/4 cup arugula

Salad Directions

1. In large skillet heat oil over medium-high heat.
2. Add squash; cook until crisp tender, stirring occasionally. Season with salt and pepper. Remove from heat, let cool.
3. In large saucepan bring water to a boil. Add quinoa. Reduce heat. Simmer, covered, about 15 minutes or until grain becomes translucent and liquid is absorbed.

Dressing Directions

4. In a small bowl, whisk together lemon zest and 1 teaspoon lemon juice, olive oil, honey, and garlic.
5. In a large bowl combine cooked quinoa, squash, mint, and arugula.
6. Pour dressing over quinoa mixture; toss gently. Enjoy.

Nutrition Facts

6 servings per container

Serving size	**(571g)**
Amount per serving	
Calories	**290**
	% Daily Value*
Total Fat 22g	**28%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 55mg	**2%**
Total Carbohydrate 18g	**7%**
Dietary Fiber 1g	**4%**
Total Sugars 1g	
Includes 1g Added Sugars	**2%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 2mg	10%
Potassium 131mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

Source: Better Homes and Gardens – Cooking with Fresh Herbs Magazine (2017)