

Recipe

Greek Quinoa

4 Servings

Ingredients

1/2 cup quinoa, (dry measure), uncooked, rinsed and drained
1 cup water
2 medium whole tomato, roma, seeded and finely chopped (6.6cm dia)
1/2 cup baby spinach, raw, shredded
1/3 cup chopped onion, raw, finely chopped, red
2 tbsp lemon juice, canned or bottled
2 tbsp olive oil
1/2 tsp salt
2 cups baby spinach, raw
1 fruit avocado, ripe, ripe, pitted, peeled and sliced
1/3 cup, crumbled feta cheese, cow or goat milk

Directions

1. In a small saucepan, combine quinoa and water. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until liquid is absorbed. Place quinoa in a medium bowl.
2. Add tomato, shredded spinach, and onion to quinoa; stir to combine. In a small bowl, whisk together lemon juice, olive oil and salt. Add to quinoa mixture, toss to coat.
3. Place additional spinach leaves on four salad plates. Slice avocado and brush with additional lemon juice to prevent browning if desired. Arrange avocado slices atop spinach leaves. Divide quinoa mixture evenly over avocado slices. Sprinkle each serving evenly with feta cheese.

NUTRITION FACTS - PER 1 SERVING

CALORIES (kCal)	278
FAT (g)	18.36
SATURATED FAT (g)	4.003
TRANS FAT (g)	0.003
CHOLESTEROL (mg)	11
SODIUM (mg)	460
CARBOHYDRATE (g)	25.16
FIBRE (g)	6.2
SUGARS (g)	3.26
PROTEIN (g)	6.95
VITAMIN A (µg)	134
VITAMIN C (mg)	21.1
CALCIUM (mg)	108
IRON (mg)	3.23