Did you know?

November is Quinoa Month



Fact #1

It's pronounced "Keen-Wah"

Fact #2

Quinoa is a whole grain packed with fiber and protein.

Fact #3

Quinoa is naturally gluten free. It comes in a variety of colors including black, red, yellow and white.

Mediterranean Quinoa Salad

Number of Servings: 12 | Serving Size: ½ cup portion

INGREDIENTS:

- 4 cups cooked quinoa
- ¼ cup cucumber
- 1.5 TBSP canola/olive oil blend
- 8 oz feta cheese
- ½ tsp pepper
- ¾ tsp salt
- ▯ cup lemon juice
- ½ cup red onion
- ½ cup fresh parsley
- ¼ cup black olives
- ¾ cup grape tomatoes

DIRECTIONS:

In a large bowl, add red onion, lemon juice, olives, olive oil, cucumber, grape tomatoes, half the amount of feta cheese, parsley, salt, and pepper. Stir to combine and chill.

Mix veggies and seasonings together with chilled quinoa. Garnish with the other half of the feta cheese on top of the salad.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 –1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups