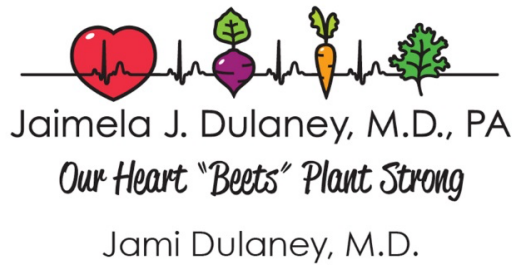


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Quinoa Cilantro Lime Salad

Ingredients:

- 1 cup quinoa, uncooked
- ½ cup fresh cilantro
- 1 scallion
- 1-2 cloves garlic, crushed
- ¼ cup plain unsweetened kite hill yogurt
- Zest of 1 lime
- Juice of 2 limes
- ½ tsp coriander
- 1 Tbsp white wine vinegar
- 2 Tbsp maple syrup
- 1 15 oz can of white beans, rinsed and drained
- 1/3 cup red onion, finely diced
- ½ cucumber, deseeded and cubed
- Black pepper to taste

Directions:

1. Cook quinoa (can be done on stove or Instant Pot), place in a new dish to prevent clumping from heat and allow to cool.
2. Prep cilantro lime dressing by placing your cilantro, scallion, garlic, yogurt, lime juice, zest, coriander, white wine vinegar and maple syrup in a food processor/blender and blend until smooth.
3. In a large bowl, add your quinoa, beans, onion, cucumber and pour dressing over top – toss all together. Add black pepper to taste.
4. Serve as is or place on top of a bed of dark, nutrient dense leafy greens such as spinach, kale or arugula to have a nutritionally complete & refreshing meal!

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 295	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 190 mg	8 %
Potassium 721 mg	21 %
Total Carbohydrate 54 g	18 %
Dietary Fiber 9 g	35 %
Sugars 8 g	
Protein 13 g	26 %
Vitamin A	9 %
Vitamin C	3 %
Calcium	49 %
Iron	11 %
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	