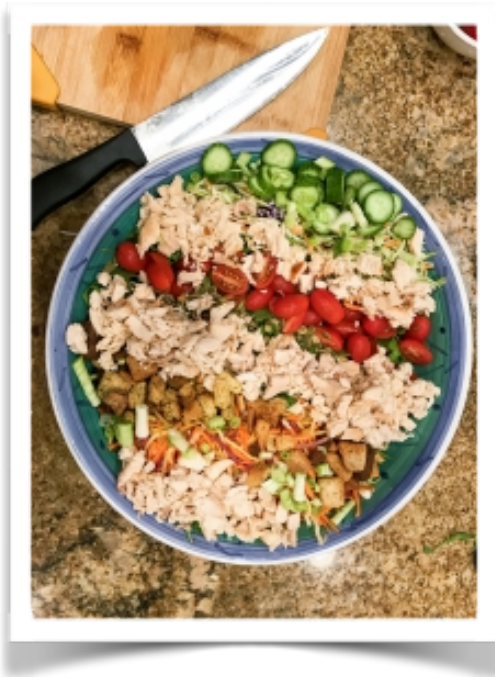


Try This Hearty and Colorful Salad!



Quinoa Salad

Serves: 4 | Serving Size: 3 cups

Salad Ingredients:

- 6 cups ready-to-serve Romaine or another green, leafy lettuce
- 2 cups of cooked quinoa
- 2 cups of cooked and diced chicken
- 1/2 cup sliced carrots
- 1/2 cup sliced cucumbers
- 1/2 cup broccoli slaw
- 1/2 cup sliced green onion
- 1 cup halved cherry tomatoes
- 1/4 cup pumpkin seeds
- 1/2 cup croutons

Cilantro Lime Dressing Ingredients:

- 1 cup lime juice
- 1 tablespoon olive oil
- 1 tablespoon chopped cilantro

Directions:

Pour the lettuce into the bottom of a large bowl, then arrange each additional salad ingredient in a line on top of the salad (as pictured).

When you're ready to serve your salad, stir together the dressing ingredients in a small bowl and pour the mixture over the salad. Then simply toss and serve.

Nutrition Information:

Serves 4. Each serving has 318 calories, 11 g fat, 2 g saturated fat, 0 g trans fat, 38 mg cholesterol, 127 mg sodium, 36 g carbohydrate, 7 g fiber, 4 g sugars, and 22 g protein.

Each serving also has 187% vitamin A, 68% vitamin C, 8% calcium and 22% iron.

Chef's Tips:

Oil and vinegar make a good dressing substitute but take care to measure the oil.

This salad is versatile, so feel free to replace any ingredient.

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