

Quinoa and Carrot Salad

Quinoa is a plant based protein that provides all the essential amino acids.

Makes: 6 servings
Prep Time: 15 minutes
Cook Time: 15 minutes

Source: commonthreads.org_recipe/quinoa-and-carrot-salad

Ingredients

- 2 carrots (about 1 cup)
- 1 scallion (about 2 Tablespoons)
- 1 lemon
- 1 Tablespoon fresh ginger (or 1/4 teaspoon ground ginger)
- 1 Cup quinoa (any kind)
- 1 Cup low-sodium vegetable broth (or other desired broth)
- 1 Cup water
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cumin
- 1 Cup peas (fresh, or frozen)
- Salt and pepper to taste
- 2 Tablespoons olive oil

Directions

1. Wash and dry the carrots, scallion, and lemon.
2. Peel and grate carrots, and finely chop the scallion.
3. Slice the lemon in half and squeeze the juice into a small bowl.
4. Peel and mince ginger.
5. Rinse quinoa until water runs clear.
6. Measure out the ingredients.
7. In a small sauce pot, saute the ginger. Add broth, water, cinnamon, and cumin. Bring to a boil.
8. Stir in quinoa and return to a boil. Cover and reduce to a simmer. Let simmering quinoa cook for 15 minutes.
9. Remove from heat, and let rest, covered, for 5 minutes. Fluff with a fork.
10. In a large bowl, add quinoa, carrots, and scallions.
11. Mix in ginger, carrots, scallion, and peas.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/6 of the recipe

Nutrients	Amount
Calories:	200
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	45 mg
Total Carbohydrates:	30 g
Dietary Fiber:	5 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	6 g

Utensils Needed

- Knife
- Cutting Board
- Grater
- Sauce Pan
- Mixing Spoon
- Large Bowl
- Small Bowl
- Measuring cups
- Measuring Spoons



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Directions Continued

12. In a small bowl, whisk together lemon juice and oil.
13. Season with salt and pepper and toss with salad. Chill before serving.

SHOPPING LIST

Average total cost without oil and seasonings: \$8.27

Average cost/serving: \$1.38

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Fresh Lemon



Add 1 to Cart
Frozen Peas (12 ounces)



Add 1 to Cart
Fresh Scallions (Bunch)



Add 1 to Cart
Quinoa (16 ounces)



Add 1 to Cart
Fresh Carrots (1 pound)



Add 1 to Cart
Low- Sodium Vegetable Broth
(32 ounces)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Chill before serving.

Cooking Tips

- Extra carrots make nice on the go snacks that can be put in snack sized bags for grab and go!
- Quinoa is a nice way to make many different kinds of grains bowls! Check out www.snapedny.org for a nice hearty whole grain bowl recipe!
- Broth can be used in any soup to add extra flavor!
- Scallions go nice in any soup, stew, or casserole!



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