

Quinoa Salad with Dried Cranberries and Pecans



Have you been thinking about what side dish to make for Thanksgiving Dinner? Ditch the same old green bean casserole for this colorful and healthy dish. The combination of **spices** in this recipe with **cranberries, pecans, and quinoa** have all the **FLAVOR** of a classic Thanksgiving dish. As a bonus, this recipe can be made up in advance.



Ingredients

- 1 cup dried quinoa
- 2 large carrots, grated
- ½ cup chopped pecans
- ½ cup unsweetened dried cranberries
- ¼ cup chopped green onions
- ¼ cup olive oil
- 1 lemon
- 1 teaspoon coriander
- 1 pinch cayenne pepper (optional)
- Pinch black pepper
- ½ cup chopped fresh parsley
- 1 tablespoon chopped fresh sage, or 1 teaspoon dried

Directions



1. Rinse quinoa in a fine mesh strainer. Put quinoa in a small pot and add 2 cups water. Bring to a boil, cover and reduce heat to low, and simmer for about 15 minutes. Let quinoa cool and fluff with a fork.



2. Put slightly cooled quinoa in large salad bowl and mix in carrots, pecans, cranberries, green onions, oil, and sprinkle with spices, salt and pepper. Zest and juice the lemon and add it to the quinoa.



3. Stir in parsley and sage. If desired, moisten with a little more oil and lemon juice before serving.

Recipe modified from: http://well.blogs.nytimes.com/2010/11/17/mark-bittmans-sustainable-thanksgiving/?_r=1

Cost per recipe
\$5.75
Cost per serving
\$0.96

Quin-what? Quinoa is pronounced keen-wah

What is it? Quinoa is typically cooked and eaten as a grain. Quinoa is actually not a grain at all, it's a nutrition packed seed that cooks up very similar to rice. Because its nutrition profile is similar to other grains, it is often classified as a grain. Because of its many health benefits, quinoa has recently gained in popularity. Even though its popularity has spiked recently, quinoa has been around for hundreds of years and was even a staple in ancient Incan civilization.

Nutrition Information Yield: 6 servings Serving size: ¾ cup

Calories	317
Total Fat	18 g
Saturated fat	2 g
Monounsaturated fat	7 g
Polyunsaturated fat	9 g
Cholesterol	0 mg
Sodium	27 mg
Potassium	252 mg
Total carbohydrate	35 g
Dietary Fiber	6 g
Sugars	11 g
Protein	6 g

Cooking tips:

- 1. Rinse before cooking:** quinoa seeds have a bitter coating on their outer layer that needs to be rinsed away. Use a fine-mesh strainer or mesh sieve.
- 2. Cook the seeds using one part quinoa to two parts water or broth.** Bring the mixture to a boil, reduce the heat, cover and simmer for about 15 minutes. If you look closely at the cooked quinoa you will notice what looks like a white curly string on each seed. That white piece is a part of the seed called the "germ" which houses a lot of its nutrients. You will know the quinoa is ready when the white germ has "popped" open.
- 3. Let the quinoa rest for about 5 minutes after it has cooked** and fluff with a fork.



Health Benefits of Quinoa:

Protein: Quinoa is a complete protein, which means that the quality of protein it provides is similar to that of animal protein. Compared to other grains, it is high in protein. This makes quinoa a great vegetarian option.

Fiber: The high fiber content of quinoa will help you feel full.

Nutrients: Quinoa is so packed with nutrients it is often called a "super-food". Quinoa is a good source of manganese, phosphorus, magnesium, foliate, iron, and zinc.

Antioxidants: Quinoa is antioxidant rich. Antioxidants help protect your body from cancer.

Healthy Fats: Compared to other grains, quinoa has high amounts of heart healthy unsaturated fats.

Sources: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=142>
<http://wholegrainscouncil.org/whole-grains-101/quinoa-march-grain-of-the-month>

Recipe from: http://well.blogs.nytimes.com/2010/11/17/mark-bittmans-sustainable-thanksgiving/?_r=0
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