



# Sweet and Tangy Quinoa Salad

14

6 Servings

Preparation time: 10 minutes

Cook time: 20 minutes

Ready in: 2 hours 30 minutes

## Directions

1. Pour the water into a saucepan and cover with a lid. Bring to a boil over high heat, then pour in the quinoa, cover and continue to simmer over low heat until the water has been absorbed, about 15 to 20 minutes. Scrape into a mixing bowl and chill in the refrigerator until cold.
2. Once cold, stir in the red and yellow bell pepper, red onion, curry powder, cilantro, lime juice, sliced almonds, carrots and cranberries. Season to taste with salt and pepper. Chill before serving.

## Nutritional Information

Calories: 172

Fat: 4 g

Carbohydrate: 30 g

Sodium: 15 mg

Sugar: 8 g

Potassium: 278 mg

## Ingredients

1 ½ cups water

1 cup uncooked quinoa, rinsed

¼ cup red bell pepper, chopped

¼ cup yellow bell pepper, chopped

1 small red onion, finely chopped

1 ½ teaspoons curry powder

¼ cup chopped fresh cilantro

1 lime, juiced

¼ cup toasted sliced almonds

½ cup minced carrots

½ cup dried cranberries

salt and ground black pepper to taste

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