

# Quinoa Cucumber Salad



## **Ingredients:**

- 3 2/3 cup quinoa, cooked
- 1 3/4 cup cucumber, fresh, without skin, chopped
- 3/4 cup onion, red, fresh, chopped
- 3/4 cup bell pepper, red, fresh, chopped
- 1/4 cup dill weed, fresh, sprigs
- 1 1/4 Tbsp garlic, minced
- 2 oz oil, canola
- 2 oz apple cider vinegar
- 1/4 cup brown sugar, light
- 3/4 tsp salt
- 3/4 tsp black pepper

*Servings: 9 | Prep Time: 30 min*



## **Instructions:**

1. Cook quinoa according to package directions
2. Wash & chop vegetables
3. Place all ingredients in mixing bowl - mix until well combined
4. Refrigerate until service

## **Nutrition Facts**

servings per container  
**Serving size** 1/2 cup (144g)

Amount per serving  
**Calories** **190**

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 210mg 9%

**Total Carbohydrate** 24g 9%

Dietary Fiber 3g 11%

Total Sugars 9g

Includes 7g Added Sugars 14%

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1mg 6%

Potassium 227mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.