

Quinoa Fruit Salad

Nutrition Facts:	
Yield	4 servings
Calories	525
Fat	21.1 g
Sodium	9 mg

Code
Q, V, DF

Ingredients Needed:

2 cups cooked quinoa
1 mango, peeled and diced
1 cup strawberries, quartered
1/2 cup blueberries
2 Tbsp pine nuts
Chopped mint leaves, for garnish
For the Lemon Vinaigrette:
1/4 cup olive oil
1/4 cup apple cider vinegar
Zest of 1 lemon
3 Tbsp. freshly squeezed lemon juice
1 Tbsp. sugar



Recipe Directions:

- To make the vinaigrette, whisk together olive oil, apple cider vinegar, lemon zest and juice, and sugar in a small bowl; set aside.
- In a large bowl, combine quinoa, mango, strawberries, blueberries and pine nuts. Stir in lemon vinaigrette.
- Serve immediately, garnished with mint leaves.

