

Quinoa Salad with Creamy Cilantro Dressing

Nutrition for 1/6 recipe (~2/3 cup):

215 calories, 8g fat, 175mg sodium, 27g carbohydrate, 5g fiber, 8g protein

Ingredients:

Dressing

- ½ cup fresh cilantro leaves
- ¼ cup plain, 2% Greek yogurt
- 1 Tbsp extra virgin olive oil
- 1 lime juiced (~ 2 Tbsp juice)
- 1 clove garlic, minced
- ¼ tsp salt
- ¼ tsp cumin

Salad

- 1 ½ cup cooked quinoa
- 15oz can low sodium black beans, rinsed and drained
- 1 cup corn (fresh, frozen, or canned)
- 1 medium avocado, diced
- ¼ red onion, finely diced (~ ½ cup)

Directions:

1. Add all the dressing ingredients to a blender. Blend until smooth, adding extra yogurt to desired consistency.
2. In a large bowl, combine all the salad ingredients.
3. Gently stir dressing into salad.
4. Serve on its own, over salad, as a dip, or wrapped in a burrito. Enjoy!



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