

PEAR QUINOA SALAD

Pear Quinoa Salad

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 169

Total Carbohydrate: 22

Total Fat: 7 g

Dietary Fiber: 3 g

Saturated Fat: 2 g

Protein: 5 g

Sodium: 131 mg

Ingredients

- 2 cups water
- 1 cup quinoa, uncooked
- 1 Tablespoon canola oil
- 1 Tablespoon light raspberry vinaigrette salad dressing (choose gluten free for GF version)
- ¼ cup green onion, chopped
- ¼ teaspoon ground black pepper
- 2 cups pears, diced (about 2 pears)
- ¼ cup pecans (unsalted), chopped
- ¼ cup dried cherries, chopped
- 1/2 cup blue cheese crumbles

Directions

1. Combine water and quinoa in a large saucepan. Bring to boil, reduce heat to simmer and cover and cook until the liquid is absorbed, about 12-15 minutes.
2. Meanwhile, whisk oil, raspberry vinaigrette, green onions and pepper in large bowl.
3. Add pears, pecans, dried cherries and cooked quinoa to mixture and toss to coat.
4. Transfer to the refrigerator to cool for about 15 minutes.
5. Remove from the refrigerator and fold in the blue cheese.