

Quinoa Veggie Salad with Lemon Basil Dressing

Ingredients:

- 1 cup quinoa, uncooked
- 2 cups water
- 2 cans (5oz each) chicken, drained
- 1 cup tomato, chopped
- 1 cup cucumber
- 1 1/2 cups corn
- 1/4 cup green onions, chopped
- 1/3 cup feta cheese, reduced fat
- 2 Tablespoon olive oil
- 3 Tablespoons lemon juice
- Fresh basil, chopped



Directions:

1. Add quinoa and 2 cups water to saucepan and bring to rolling boil. Reduce heat and simmer until water is absorbed. Allow quinoa to cool completely.
2. While quinoa is cooking, mix lemon juice, oil and basil in a bowl; set aside
3. Chop all the vegetables and place them in a large bowl
4. Add chicken, cooled quinoa and feta cheese to veggies
5. Top with dressing and combine
6. Enjoy!

Nutrition Facts

20 servings per container
Serving size 1/2 cup

Amount per serving
Calories **90**

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 85mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 137mg	2%

*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.



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