



## WESTERN WISCONSIN HEALTH

### QUINOA AND CUCUMBER SALAD (GLUTEN FREE)

#### SALAD:

- 2 C. quinoa, cooked in 4 C. water (left to cool for a few hours)
- 2 large cucumbers, seeded and chopped
- 1 sweet onion, chopped finely
- 1 C. raisins
- 1 large bunch spinach, stemmed and finely chopped
- 1 C. toasted cashews, somewhat smashed

#### DRESSING:

- 1/4 C. toasted sesame oil
- 14 C. safflower or canola oil, or grapeseed oil
- 1/2 C. rice vinegar (white wine vinegar can be substituted)
- 2 T. honey
- 2 T. prepared mustard
- 2 T. tamari (gluten free soy sauce)
- 1/4 C. orange juice
- 1 tsp. salt

Combine salad ingredients in a large bowl. Whisk dressing in small bowl and pour as much as you like over the salad. Mix well and refrigerate until cold.

NUTRITION FACTS: Serving size: 1 cup per serving, 12 servings

### Nutrition Facts

Serving Size (123g)  
Servings Per Container

Amount Per Serving

Calories 330    Calories from Fat 140

% Daily Value\*

Total Fat 16g    25%

Saturated Fat 2.5g    13%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 560mg    23%

Total Carbohydrate 42g    14%

Dietary Fiber 4g    16%

Sugars 18g

Protein 7g

Vitamin A 10%    •    Vitamin C 8%

Calcium 4%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4