

Honey Mustard Quinoa Salad

Prep Time: 15 minutes
Total Time: 15 minutes

Yield: 4
Calories per serving: 163
Fat per serving: 7.2g

Ingredients

- 1 ½ cups cooked quinoa
- ½ cup dried cranberries
- 2 celery ribs, chopped
- 2 carrots, peeled and julienned
- ½ cup almonds, chopped
- 1/3 cup Honey Mustard Dressing (bottled or see below)

Instructions

1. In a medium bowl combine quinoa, cranberries, celery, carrots and almonds. Toss with dressing and serve at room temperature or chilled. Drizzle with additional dressing as desired.

Notes

Nutritional information excluding dressing: Servings 4, Calories 163, Fat 7.2g, Carbohydrates 20.4g, Protein 5.8g, Cholesterol 0mg, Sodium 38mg, Fiber 4.6g, Sugars 2.8g

<http://www.cookingquinoa.net/honey-mustard-quinoa-salad>