

CILANTRO LIME QUINOA SALAD, PUMPKIN SEEDS FIT

Serving size: ½ cup

Makes 10 servings

- 1 ¾ cups Quinoa, dry
- 2 2/3 cups Water
- ¾ cup Pumpkin Seeds
- 2 cups Cilantro
- 4 each Garlic Cloves, peeled
- 1/3 cup Jalapeno, chopped
- ¼ tsp Kosher Salt
- 1 ½ tsp Cumin
- 3 TBSP Canola Oil
- 2 tsp Lime Juice
- ½ cup Red Bell Peppers, chopped
- 3 TBSP Scallions, chopped

Preparation:

1. Rinse quinoa. Bring the water to a boil and add quinoa. Bring back to a boil then reduce the heat to low. Cover and simmer for approximately 15 minutes or until the water has been absorbed. Remove from heat and let sit covered for 5 minutes. Chill.
2. Heat a skillet over medium heat. Add the pumpkin seeds and dry toast until they begin to pop. Remove from heat and transfer to a food processor with cilantro, garlic, jalapeno, salt and cumin. Mix until all ingredients are well minced. Gradually add the oil and lime juice, processing until smooth.
3. Toss pureed mixture with the chilled quinoa, bell peppers and scallions until fully incorporated.



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NUTRITION FACTS PER SERVING

calories	250
total fat (g)	14
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	60
total carbohydrate (g)	24
dietary fiber (g)	4
sugar (g)	<1
protein (g)	10