

Fava Bean, Quinoa Salad, Cilantro Lime Dressing FIT

FUNCTIONAL FOODS

Serving size: ½ cup

Makes 12 servings

- 2 ½ cups Quinoa, cooked
- 2 ½ cups Fava Beans, shelled
- ¼ cup Lime Juice, fresh
- 2 TBSP Olive Oil
- ½ cup Cilantro, chopped
- ½ tsp Salt
- ½ tsp Black Pepper

Preparation:

1. Prepare quinoa according to package directions then chill and set aside.
2. Steam or blanch fava beans until tender, about 2 minutes and then chill. If using frozen fava beans, defrost and hold cold.
3. In serving bowl, whisk together lime juice, olive oil, cilantro, salt, and pepper until combined. Then add in quinoa and fava beans, stirring until combined.



NUTRITION FACTS PER SERVING

calories	110
total fat (g)	3
saturated fat (g)	0
sodium (mg)	100
total carbohydrate (g)	17
dietary fiber (g)	3
added sugar (g)	0
protein (g)	5



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