



WESTERN WISCONSIN HEALTH

MARINATED QUINOA (GLUTEN FREE)

- 1 1/2 C. uncooked quinoa
- 3 C. water
- 2 lemons, juiced
- 3 scallions, chopped
- 1 C. red pepper, diced
- 1/4 C. fresh parsley, minced
- 1 C. celery, cut at a sharp angle
- 1/2 C. peas (fresh or frozen)
- 1 tsp. salt
- Pepper to taste
- 1/2 C. olive oil
- 2 C. cherry tomatoes, sliced in half or 2 medium tomatoes, diced

Nutrition Facts

Serving Size (114g)
Servings Per Container

Amount Per Serving

Calories 100 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 13g **4%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 3g

Vitamin A 15% • Vitamin C 35%

Calcium 2% • Iron 6%

*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

Cook quinoa according to package instructions. Pour quinoa into a medium-sized bowl and allow to cool. Pour lemon juice over the quinoa and stir in. Chop all vegetables and put in a separate bowl while waiting for quinoa to cool. When quinoa is lukewarm, add the vegetables, salt, pepper and oil. Stir in well and chill at least 1 hour. Or eat immediately. This can be eaten hot or cold. To stuff peppers: Add vegetables to quinoa while still hot; stuff prepared peppers and roast for 10 to 15 minutes in 375° oven, or until peppers are done and stuffing is 160° or above.

NUTRITION FACTS: Serving size: 1/2 cups per serving, 10 servings