Savory Quinoa Salad

Ingredients:
- 1/2 cup dry quinoa
- 1/4 tsp. salt (optional)
- 1/2 cup extra virgin olive oil
- 1 tbsp. balsamic vinegar
- 1 garlic clove, crushed
- 1/2 tsp. dry basil, minced
- 1/2 tsp. crushed dried thyme
- Salt and ground pepper (optional)
- 3 cups arugula
- 1 15 oz. can garbanzo beans, drained and rinsed
- 1/2 cup roasted red bell pepper, drained and chopped
- 1/4 cup pitted Kalamata olives, sliced
- 8 small fresh mozzarella balls

Directions:
Cook the quinoa according to package directions with salt added to the water. Cool completely. Mix the olive oil, balsamic vinegar, garlic, basil and thyme in a small container with a lid. Shake until well combined. Add salt and pepper to taste, if desired. In a large bowl, combine the quinoa, arugula, beans, bell pepper and olives. Toss to combine well, top with mozzarella balls. Serve at room temperature.
Serves 6-8.

Nutrition Info: (1/8th of recipe, or about 1/2 cup)
Calories: 209
Fat: 12 grams
Saturated Fat: 1.6 grams
Carbohydrate: 15 grams
Fiber: 3 grams
Protein: 5 grams
Sodium: 226 mg.
Exchanges: 1 starch, 1 vegetable, 2 fats