

Savory Quinoa Salad

Ingredients:

æ cup dry quinoa
° tsp. salt (optional)
° cup extra virgin olive oil
1 tbsp. balsamic vinegar
1 garlic clove, crushed
Ω tsp. dry basil, minced
Ω tsp. crushed dried thyme
Salt and ground pepper (optional)
3 cups arugula
1 15 oz. can garbanzo beans, drained and rinsed
Ω cup roasted red bell pepper, drained and chopped
Ω 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 æ 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