

SPRING FLAVOR



Green Cucumber Quinoa Salad

This widely available and utilized vegetable provides nutrients and a satisfying crunch. Use cucumbers for more than just a salad topping. For example, use cucumber to enjoy light dips and salsa instead of a chip. At only 15 calories per 1 cup serving, cucumbers are an *Eat Right* staple.

SERVES: 4 - 6

INGREDIENTS:

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| 1 cup | Quinoa, rinsed with water in a fine mesh strainer |
| 1½ - 2¼ cups | Water |
| 1 lemon | Zested and juiced |
| 2 tbsp. | Olive oil |
| 2 tbsp. | Plain, low-fat yogurt |
| 1 | Cucumber, peeled, sliced lengthwise, cut each half into thin slices |
| 1 bunch | Green onions thinly sliced (green parts only) |
| ¼ cup | Fresh mint, chopped |
| ¼ cup | Parsley, chopped |
| 1-2 cloves | Garlic, minced |
| To taste | Black pepper, salt (modest amount) |

DIRECTIONS:

1. Combine quinoa and 1½ cups water in a medium pot and bring to a boil.
2. Once boiling, stir, cover and reduce heat to low; allowing it to simmer for 10-15 minutes or until water is absorbed and quinoa is cooked through. (Add the additional ½ - ¾ cup water if necessary.)
3. In a small bowl, whisk together the lemon juice, lemon zest, olive oil and yogurt.
4. Once the quinoa has cooked, allow it to cool to room temperature. Then, toss the quinoa with the sliced cucumber, green onions, fresh herbs and dressing. Season to taste with pepper and touch of salt.
5. Serve over mixed greens as a main dish, or as a side with baked chicken or fish and steamed vegetables.

ALTERNATIVES:

- Slice a cucumber and tomato, season with black pepper and drizzle with balsamic vinegar or low-sodium soy sauce for a snack or side.
- Add slices to green salads topped with grilled chicken or hardboiled egg, turkey or veggie sandwiches on wheat bread or wheat wrap.
- Dip sliced cucumber in 1-2 tbsp. hummus as a filling snack or nutritious party appetizer.
- Add sliced cucumber on a few whole-wheat crackers spread with 1-2 tbsp. light cream cheese for appetizers or a snack.

