

Sacks of Snacks



May 3, 2024

May is National Salad month. I encourage you to rethink your salads. Use salads to add extra vegetables to your meals. I am sharing a salad recipe that contains quinoa. Quinoa is a superfood. What is a superfood? The term is used to refer to foods that are sources of key nutrients that are not eaten in a large enough amount by most Americans. These foods are also low in nutrients like added sugars, saturated fat, and sodium that most Americans eat too much of. If you have questions or concerns, call 926-1189 or email mparcell@purdue.edu.

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Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension- Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension- Dearborn County at 926-1189 to schedule an appointment with Trenna Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

QUINOA

Quinoa is a whole-grain that is high in fiber, antioxidants, and protein. Quinoa contains nine essential amino acids. Quinoa can serve as a substitute for other grains such as white rice, pasta, and bread. Below are the nutrition facts for one cup of cooked quinoa.

- Calories: 238
- Protein: 12.7% of the recommended daily allowance (RDA).
- Carbohydrates: 12.4% RDA
- Fat: 12.4% RDA
- Fiber: 15.3% RDA
 - Fiber is a nutrient that most Americans need to consume more of.
- Magnesium: 26% of the RDA
- Potassium 5.9% of the RDA.
 - Potassium is a nutrient that most Americans need to consume more of.



Source: *Indiana's Emergency Food Resource Network, October 2018*

QUINOA SALAD

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| ½ cup quinoa | 2 ripe avocados |
| 1 cup water | 2 tablespoons lemon juice |
| ½ cup chopped spinach | 2 tablespoons olive oil |
| ½ cup halved cherry tomatoes | ½ teaspoon salt |
| 1/3 cup diced red onion | ¼ teaspoon pepper |

Bring quinoa and water to a boil. Reduce to a simmer, cover and cook 15 minutes. Fluff and cool. Mix in a bowl quinoa, spinach, tomatoes, onion and avocados. In a small bowl mix the lemon juice, olive oil, salt, and pepper. Mix dressing in salad, chill and serve.

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