

Lemon Quinoa Salad – Vegan – SOS

Prep Time: 10 minutes
Cook Time: 20 minutes
Total Time: 30 minutes

Serving Size: 4
Calories per serving: 516
Fat per serving: 6 grams

Ingredients

- 1 cup uncooked quinoa
- 1 1/2 cups homemade garbanzo beans no-salt, or 15-ounce can no-salt added
- 4 Roma tomatoes, diced
- 1 red bell pepper, diced
- 4 green onions, sliced
- 1 cup corn (if frozen, thawed)
- 3 tablespoons lemon juice
- 1 teaspoon dried basil

Instructions

1. Cook quinoa according to package directions.
2. Meanwhile, in a nonstick skillet sauté for 2 minute the tomatoes, bell pepper, onions, and corn.
3. Remove from heat and place vegetables in a large bowl, add the cooked beans and mix.
4. When quinoa is cooked, let cool and then add to the bowl.
5. In a small bowl mix lemon juice with basil. Pour the dressing over the salad mixture and mix until combined.

Notes

Nutrition facts (per serving): Calories: 516, from fat: 25, total fat: 6g, cholesterol: 0mg, sodium: 29mg, total carbohydrate: 93g, fiber: 13g, sugar: 4g, protein: 16g.