

Quinoa Salad – Vegan – SOS

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

Serving Size: 4
Calories per serving: 345
Fat per serving: 8 grams

Ingredients

- 1 cup quinoa, cooked
- 1/2 red onion, diced
- 1 cup broccoli, chopped
- 1 medium red bell pepper, diced
- 1 medium green bell pepper, diced
- 2 tomatoes, diced
- 1 (15-ounce) can garbanzo beans, no-salt added
- 1/4 cup Trader Joe's Tahini Sauce
- 3 tablespoons lemon juice
- 2 tablespoons vegetable broth, Trader Joe's Low Sodium
- 1 tablespoon garlic powder

Instructions

1. In a medium saucepan heat the vegetable broth for 1 minute. Then, add onion, broccoli, bell peppers, tomatoes, beans and garlic. Cook for about 3-5 minutes.
2. In a small bowl mix tahini, and lemon juice to make the sauce.
3. Pure the sauce on the vegetables, and mix it all with the cooked quinoa.
4. Serve garnished with a bit of cilantro.

Notes

Nutrition facts (per serving): Calories: 345, from fat: 60, total fat: 8g, cholesterol: 0mg, sodium: 109mg, total carbohydrate: 54g, fiber: 11g, sugar: 3g, protein: 13g.