



## FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



### Cranberry and Cilantro Quinoa Salad\*

#### Recipe Summary:

Preparation Time: 10 minutes

Number of Servings: 6

#### Ingredients:

- 1 1/2 cups water
- 1 cup uncooked quinoa, rinsed
- 1/4 cup red bell pepper, chopped
- 1/4 cup yellow bell pepper, chopped
- 1 small red onion, finely chopped
- 1 1/2 teaspoons curry powder
- 1/4 cup chopped fresh cilantro
- 1 lime, juiced
- 1/4 cup toasted sliced almonds
- 1/2 cup minced carrots
- 1/2 cup dried cranberries
- salt and ground black pepper to taste

#### Directions:

Pour the water into a saucepan, and cover with a lid. Bring to a boil over high heat, then pour in the quinoa, re-cover, and continue to simmer over low heat until the water has been absorbed, 15 to 20 minutes. Scrape into a mixing bowl, and chill in the refrigerator until cold. Once cold, stir in the red bell pepper, yellow bell pepper, red onion, curry powder, cilantro, lime juice, sliced almonds, carrots, and cranberries. Season to taste with salt and pepper. Chill before serving.

\* From AllRecipes.com

#### Nutritionist Notes:

- Low in total fat and saturated fat
- Low in sodium
- High in fiber
- High in manganese
- High in magnesium
- High in phosphorous
- High in Vitamin A
- High in Vitamin C