

Spiced and Herbed Quinoa With Green Onions

Serves 4

- 1 cup quinoa**
- 2 cups vegetable stock or water**
- ½ cup hothouse cucumber, diced**
- ½ cup tomato, diced**
- 2 tablespoons red onion, diced**
- 2 green onions, thinly sliced**
- 2 tablespoons chopped cilantro**
- 1 teaspoon chopped jalapeño**
- 3 tablespoons extra-virgin olive oil**
- 1 tablespoon fresh lemon juice**

1. Combine the quinoa and stock or water in a small pot and bring to a boil. Reduce the heat to simmer and cover. Cook for 10 to 15 minutes or until the liquid has been absorbed. Let cool completely.

2. In a large bowl, combine the quinoa with the remaining ingredients. Toss to mix thoroughly. Serve chilled.

Nutrients per serving: 268 calories, 6g protein, 34g carbohydrates, 3g fiber, 13g fat (2g saturated fat), 0mg cholesterol, 483mg sodium