**EASY QUINOA SALAD**

Prep Time: 5 minutes  
Cooking Time: 15 minutes  
Makes 4 - 6 servings

**Ingredients**

- 15 mL (1 Tablespoon) olive oil
- 1 small red onion, chopped
- 250 mL (1 cup) uncooked quinoa, rinsed and drained
- 500 mL (2 cups) low-sodium chicken or vegetable broth (or orange juice)
- 160 mL (2/3 cup) dried cranberries
- 160 mL (2/3 cup) sliced almonds or sunflower seeds, toasted

For the best flavor, be sure to take the time to rinse off raw quinoa before cooking, or it can develop a bitter taste (especially if you bought it from a bulk bin).

**Directions**

In a small skillet, heat oil over medium-high heat. Add onion and cook, stirring often, until just softened, 2 to 3 minutes.

Transfer onions to a medium-sized saucepan; stir in quinoa, broth (or juice) and bring to a boil. Once boiling, reduce heat to medium-low, cover and simmer for 15 minutes, or until liquid is completely absorbed.

Remove from heat, fluff with a fork and gently stir in cranberries and almonds (or sunflower seeds).

Enjoy hot or cold.

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Quinoa (pronounced “keen-wah”) is a complete protein that is high in fibre, and vitamins such as riboflavin, calcium, vitamin E, iron, potassium, phosphorus, magnesium, folic acid and beta carotene!

This sweet and crunchy salad keeps in the fridge for up to 5 days and makes a healthy breakfast or side dish for lunch.

- Budget-Friendly
- Quick & Easy
- Gluten-Free

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