Quinoa Vegetable Salad with Lemon Basil Dressing

Yield: 6 servings
Total Time: 25 minutes

Ingredients
1 cup uncooked quinoa
1 15-ounce can low sodium garbanzo beans, rinsed and drained
1 15-ounce can no-added-salt corn
3 plum tomatoes, chopped
1 orange or green bell pepper, chopped
4 green onions, sliced

For the dressing:
2 Tbsp olive or canola oil
2 Tbsp lemon juice
1½ tsp dried basil

Preparation Instructions
1. Rinse quinoa, and cook according to package directions. Set aside to cool in large bowl.
2. Meanwhile, in a small bowl whisk together olive oil, lemon juice, and basil. Set aside.
3. Add garbanzo beans, corn, tomatoes, peppers, and green onions to large bowl with the quinoa.
4. Pour dressing over top and mix well to combine. Serve immediately or chill before serving.

Nutrition Analysis
Per serving: 280 calories; 8g fat (1g saturated, 0g trans); 0mg cholesterol; 380mg sodium; 47g carbohydrate (9g dietary fiber; 6g sugar); 10g protein.
Vitamin A 20%, Vitamin C 60%, Calcium 6%, Iron 30% Daily Value.

Cost: $1.64 per serving

Modified from www.huthealthy.org