

## Quinoa with Grilled Vegetables and Dried Fruits

**Yield:** 10 servings  
**Preparation Time:** 45 minutes  
**Portion Size:** 1 cup (about 5 ½ wt oz)  
**Calories per serving:** 189 Kcal

### STEP 1

As needed	Vegetable spray		Place pot over medium heat, coat bottom of pan with vegetable spray. Add in quinoa and lightly toast. Add the stock, bring to boil, reduce heat, cover and gently simmer until liquid is absorbed, about 15 minutes. Take off heat, cool and reserve.
6 wt oz	Quinoa		
12 fl oz	Vegetable stock		

### STEP 2

4 wt oz	Grilled vegetables, such as, zucchini, summer squash, onions or pepper	small dice	Combine rest of ingredients with cooked quinoa and season to taste with salt and pepper.
4 ½ wt oz	Cucumber	peeled, seeded and diced	
5 ¾ wt oz	Chickpeas, canned, rinsed and drained		Serve on a salad bar, buffet or other serving line. Can be used in wraps or served as an entrée salad. Can be arranged on ½ cup of spinach leaves with sliced chicken or grilled vegetables.  <i>Left over, properly stored, Grilled Vegetables (see Grilled Vegetable recipe) can be used for this salad, too.</i>
8 wt oz	Tomatoes	seeded and diced	
3 wt oz	Red bell pepper, roasted, canned	chopped	
1 wt oz	Green onions	chopped	
1 tsp	Jalapeno peppers, deseeded	finely chopped	
1 wt oz	Parsley, flat-leaf	chopped	
1 tbsp	Basil leaves	chopped	
½ wt oz	Garlic	minced	
2 fl oz	Lime juice		
1 ¾ fl oz	Extra-virgin olive oil		
2 ¾ wt oz	Dried apricots and cranberries	small dice	
1 tsp	Lemon zest	grated	
to taste	Salt		
to taste	Ground black pepper		