

SALADS

Italian Quinoa Salad with Lemon-Garlic Vinaigrette

Makes 5 servings · about 1½ cups each

SATIETY SCORE 4 / 5	NUTRITION HIGH
Per serving (approx.): Protein 7 g · Fiber 3 g · Calories 240	

Ingredients

- Salad: 1 Tbsp olive oil
- Salad: 1 Tbsp Italian spice blend
- Salad: 1 cup chopped bell peppers (red and/or green)
- Salad: 1 cup chopped zucchini
- Salad: 1 cup cherry tomatoes, halved
- Salad: ¼ cup chopped fresh basil
- Salad: 2 cups cooked quinoa
- Salad: fresh mozzarella, for topping
- Dressing: ½ cup fresh lemon juice (~2 lemons)
- Dressing: 3 Tbsp olive oil
- Dressing: 1½ Tbsp honey
- Dressing: 2 cloves garlic, minced
- Dressing: ½ tsp salt
- Dressing: pepper to taste

Directions

1. In a medium saucepan, sauté the peppers and zucchini in oil until softened.
2. Add the tomatoes, Italian seasoning, and basil; cook about 2 minutes more.
3. Shake the dressing ingredients together in a mason jar.
4. Add the quinoa and desired amount of vinaigrette to the pan; stir to combine.
5. Serve warm, topped with mozzarella.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 bell pepper (about 1 cup chopped)
- ☐ 1 medium zucchini (about 1 cup chopped)
- ☐ 1 pint cherry tomatoes
- ☐ 1 small bunch fresh basil
- ☐ 3 lemons (for about ½ cup juice)
- ☐ 2 cloves garlic

DAIRY & EGGS

- ☐ fresh mozzarella, for topping

PANTRY & DRY GOODS

- ☐ 1 Tbsp Italian spice blend
- ☐ 2 cups cooked quinoa

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Honey
- ☐ Salt
- ☐ Black pepper