

Zesty Quinoa and Roasted Veggie Salad

Recipe courtesy: Chef Bobby Nahra from Lakeland Banquet & Event Centre

Servings:

1 ¾ Vegetable

1 Starch

*Suitable for Fast Track Patients

Ingredients:

Dressing:

Juice from 1 Fresh Lime

2 tsp. Apple Cider Vinegar

1/4 tsp. Chili Powder

1/8 tsp. Cumin

1/8 tsp. Fresh Garlic minced

1 tsp fresh chopped parsley

1/8 tsp thyme

Salad:

1/4 cup fresh baby arugula

1/4 cup Oven roasted Zucchini bite size Pam spray and seasoned. At 350 degrees 20 minutes.

1/4 cup cooked Quinoa

2 Tbsp. chopped Cilantro, divided

5 Cherry or Grape Tomatoes, halved and oven dried at 275 degrees for 30 minutes

Preparation:

Dressing:

all the ingredients together in a medium bowl.

Salad:

In the dressing bowl, lightly mix together the cooked quinoa and dressing. Add in cilantro, tomatoes and The oven roasted veggies Toss all ingredients together. Place on chilled salad bowl and enjoy.