Colorful Winter Quinoa Salad

(Yield: 7 servings)

Ingredients:
- 1 cup Uncooked quinoa (yields 2 cups cook in low-sodium broth)
- 1/2 bunch Chopped fresh parsley
- 1/2 cup Crumbled goat cheese
- 1/4 cup Chopped pecans
- 2 cups Thinly sliced/ cut fresh spinach or arugula
- 1 bunch Green onions, chopped
- 1/2 cup Dried cranberries (unsweetened if possible)
- 2 Tbsp Olive oil
- 1 Tbsp Red wine vinegar
- Zest and juice from 1 orange
- 1 Tbsp Dijon mustard

Preparation:
1. Add 1 cup of dried quinoa, no-salt added bouillon cube and 2 cups of water to small pot/ or 2 cups of reduced sodium broth, bring to a boil, turn down to medium and cook for ~15 minutes until quinoa is tender. Check occasionally to prevent burning. Drain off any remaining liquid, and put cooked quinoa in a dish in the refrigerator to chill.
2. Chop spinach/ or arugula, green onions, and parsley, mix in bowl with dried cranberries, chopped pecans, and crumbled goat cheese, add quinoa once chilled. Prepare dressing by zesting and juicing the orange. Mix orange zest, orange juice, olive oil and mustard until combined/ emulsified.
3. Toss all ingredients and dressing for even coverage.

You could also serve this as a hot side dish, similar to a pilaf. Just add the spinach, green onions, parsley, cranberries and pecans to the pot that you are cooking the quinoa in during the last 2-3 minutes of cooking. Once finished cooking, drain off any unwanted liquid and toss with the dressing as described above.

Nutrition information (per serving):
- Calories: 250 kcals
- Fiber: 3g
- Protein: 5g
- Total fat: 7g
- Carbohydrate: 22g
- Sodium: 80mg