

Blueberry Quinoa Salad with Honey Lemon Vinaigrette



Ingredients

Honey Lemon Vinaigrette:	Salad:
1 tsp lemon zest	1 cup uncooked quinoa
4 Tbsp. lemon juice (about 2 lemons worth)	2 cups low- sodium chicken broth
3 Tbsp. extra virgin olive oil	3 ears sweet corn kernels cut from cobs
1 Tbsp. honey	1 cup fresh blueberries
Salt & pepper to taste	2 cups spinach/arugula/mixed greens
	1 cup cherry tomatoes, halved

Directions

1. Rinse quinoa and add to a saucepan with the chicken broth and bring to a boil. Lower to medium heat and cover until the broth is absorbed and the quinoa is cooked, about 20-25 minutes. Let cool completely and set aside.
2. Combine vinaigrette ingredients in a jar or bowl. Shake or whisk to combine and set aside.
3. Combine the rest of the salad ingredients in a large bowl. Add and mix in cooled quinoa. Pour dressing over and mix well to combine.
4. Serve cold.

Nutritional Information

Calories	248
Total Fat.....	10g
Saturated Fat	1g
Cholesterol	0mg
Total Carbohydrate....	37g
Dietary Fiber	4g
Sugar	7g
Protein	8g
Sodium	31mg
Potassium	448mg
Serving Size	1 ½ cup
Recipe Yields.....	6 servings

Adjusted from: <https://iowagirleats.com>