Blueberry, Mango and Quinoa Salad

A quick and easy whole grain salad packed with antioxidants, protein, and flavor. A great side dish for a light summer meal.

Recipe from www.naturipefarms.com

Ingredients:
- ½ cup quinoa
- 1 cup water
- ½ cup fresh blueberries
- ½ cup cubed ripe mangoes
- ½ cup cubed cucumbers
- ½ tablespoon dried cranberries

For the dressing:
- 1½ tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- ¼ teaspoon lemon zest
- 10 Basil leaves, chopped finely
- Salt and pepper

Instructions:
1. Place the quinoa and water in a medium skillet and bring to a boil. Then reduce heat and simmer, covered, for about 15 minutes or until the quinoa is cooked. Remove the lid and fluff the quinoa with a fork. Let it cool to room temperature.
2. While the quinoa is cooking, combine the fruits in a bowl and refrigerate until you are ready to serve the salad.
3. Whisk together all the dressing ingredients, except the chopped basil. Refrigerate until you are ready to serve. Chop and add the basil just before serving - if you add it earlier, it will go black.
4. Assemble the salad just before serving. Toss the quinoa, fruits and cucumbers together, add the dressing and basil and gently mix. Enjoy!

Makes 2 servings.
Nutrition information per serving:
322 calories, 8 grams protein, 33 grams carbohydrate, 13 grams fat, 4 grams fiber