



# Southwestern Quinoa Salad

4 Servings • 1 Serving = 1 ½ Cup

Recipe developed by Connie Guttersen, RD,  
PhD

## INGREDIENTS

- 1 cup cucumbers, peeled, seeded, and diced
- Salt and pepper, to taste
- ¼ cup lemon juice
- ¼ teaspoon garlic, minced
- ¼ cup extra virgin olive oil
- 2 cups cooked quinoa
- 1 cup cooked chicken, shredded
- 1 cup red pepper, seeded and diced
- ¾ cup corn kernels, toasted
- 2 scallions, chopped
- 2 Tablespoons cilantro, chopped
- ½ avocado, diced

## DIRECTIONS

1. Place cucumbers in a bowl. Lightly season with salt and pepper and let sit for 5 minutes. Drain.
2. Meanwhile, in a small bowl, combine lemon juice, garlic, and oil. Whisk well. Add salt and pepper, to taste.
3. Add quinoa, chicken, bell pepper, corn, scallions, and cilantro. Gently mix.
4. Add the ¼ cup of the vinaigrette and adjust seasoning with salt and pepper. Add in the avocado.

## Nutrition Facts

4 servings per container  
**Serving size** 1 1/2 cups

**Amount per serving**  
**Calories** **340**

	% Daily Value*
<b>Total Fat</b> 17g	22%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 320mg	14%
<b>Total Carbohydrate</b> 33g	12%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 20g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 3mg	15%
Potassium 479mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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