

Quinoa with cranberries & walnuts

SERVES 6

Ingredients

- 2 cups low fat, reduced-sodium chicken broth
- 1 cup quinoa
- ½ cup dried cranberries
- 3 tablespoons baked walnuts (chopped)
- 1 teaspoon dried parsley

Dressing

- ½ teaspoon Dijon mustard
- 2 tablespoons balsamic vinegar
- 1 clove minced garlic
- 3 tablespoons olive oil
- ¼ teaspoon ground black pepper

Method of preparation

1. Heat the chicken broth in a pot over medium-high heat and bring it to a boil.
2. Stir in the quinoa, cover and reduce heat to simmer for 15-20 minutes.
3. Add the cranberries and cover for 5 minutes.
4. Turn off the heat and let the quinoa stand for 5 minutes.
5. While the quinoa is cooking, mix together the dressing ingredients.
6. Pour the dressing over the cooked quinoa. Add the walnuts and mix well.
7. Sprinkle with dried parsley, ready to serve.



Nutrition Information Per Serving

Energy	230kcal
Protein	5.3g
Carbohydrate	28g
Total Fat	10.9g
Saturated Fat	1.4g
Cholesterol	0mg
Dietary fibre	3g
Sodium	32.8mg
Carbohydrate exchange:	2 exchanges

About the author: Chan Sau Ling is a dietitian with National Healthcare Group Polyclinics.