

## Quinoa Three Berry Salad

Yield – 12 each

### Ingredients-

Quinoa, cooked	3 lb
Basil leaves, fresh, <i>Thin chiffonade cut</i>	½ cup
Red onion, minced	½ cup
Orange zest	2 Tbsp
S & P	To taste
Raspberries, fresh*	12 oz
Washed, drained	
Blueberries, fresh	12 oz
Washed, drained	
Strawberries, fresh,	12 oz
<i>Quartered</i>	
Sunflower seeds, unsalted	6 oz
Goat cheese, crumbled	12 oz
Baby Spinach	12 cup
Kale, sliced	6 cup
Balsamic vinaigrette	12 oz

### Method-

Combine quinoa, basil, onion, zest, oil in a bowl and toss to incorporate ingredients. Season lightly to taste with salt and pepper.

Line service bowl/plate with mixture of spinach and kale.

Place approximately 4 oz quinoa mixture in center of plate.

Place 1 oz each raspberries, strawberries, blueberries on three corners of plate.

Place ½ oz sunflower seeds on remaining quarter.

Place 1 oz goat cheese on quinoa in center of plate.

Drizzle with 1 oz dressing.  
 Serve immediately.

\*Any variety of fresh local berries will work

<b>Nutrition Facts</b>	
Serving Size (339g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 530	Calories from Fat 300
<b>% Daily Value*</b>	
<b>Total Fat</b> 34g	<b>52%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 270mg	<b>11%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 10g	<b>40%</b>
Sugars 9g	
<b>Protein</b> 16g	
Vitamin A 100% • Vitamin C 90%	
Calcium 20% • Iron 30%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

