



CRAVING HEALTH
DIETITIAN & WELLNESS SERVICES
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Rainbow Quinoa Salad

Serves: 4-6

Quinoa, lentils and brown rice are all great examples of whole grains and legumes. Not only are they packed with fibre, but also satiating protein to keep you tided over until your next meal. This complete meal comes together in a cinch!

INGREDIENTS

- 1 Avocado
- 1/4 cup walnuts
- 8-10 Strawberries, sliced
- 10 Bocconcini
- 1/4 cup Red onion, chopped
- 1/2 cup Cucumber, chopped
- 1 package PC Blue Menu Brown Rice with Lentils & Quinoa (ready cooked, just heat in the microwave) or use plain cooked quinoa



INSTRUCTIONS

1. Arrange quinoa evenly in 2 bowls
2. Top with remaining ingredients
3. Dress with your favourite vinaigrette such as our [Zesty Greek Vinaigrette](#)

**Do you have a copy of our FREE Guide –
5 Secrets for Healthy Eating Success?**
www.cravinghealth.ca/5-secrets

