

Spinach, Strawberry, Quinoa Salad

½ cup cooked quinoa
2 cups baby spinach
1 cup strawberries, hulled and sliced
7 pecans, chopped
2 Tb reduced-fat feta cheese
1-2 Tb Raspberry or Balsamic Vinaigrette

Makes 1 meal sized salad or 2 side salads.

Nutrition Facts			
Serving Size (370g)			
Servings Per Container			
Amount Per Serving			
Calories 350 Calories from Fat 130			
% Daily Value*			
Total Fat 15g			23%
Saturated Fat 2.5g			13%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 380mg			16%
Total Carbohydrate 48g			16%
Dietary Fiber 10g			40%
Sugars 15g			
Protein 11g			
Vitamin A 40% • Vitamin C 170%			
Calcium 15% • Iron 20%			
*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			