



# APRICOT QUINOA SALAD

## Ingredients

2 Cups Water

1 Cup Quinoa, Rinsed and Drained

¼ Cup Sunflower Seeds

½ Cup Dried Apricots, Chopped

¼ Cup Green Onions, Finely Chopped

1½ Tablespoons Olive Oil

2 Tablespoons Vinegar

1 Teaspoon Dijon Mustard

1 Teaspoon Sugar



MY  
FOOD PROGRAM

## Directions

1. Bring water to a boil and add quinoa. Cook for 15-20 minutes over medium low heat until water is evaporated and quinoa is tender.
2. Allow quinoa to cool, then combine with apricots, sunflower seeds and green onions.
3. Combine olive oil, vinegar, mustard and sugar in a small bowl. Stir dressing mixture into quinoa mixture. Chill at least 30 minutes before serving.

Toddler & Preschool = ¼ cup; School-Age = ½ cup as grain (whole grain-rich) at lunch/supper.