

# MEDITERRANEAN QUINOA SALAD



January 6

National Bean Day



## INGREDIENTS

- 1½ Cups Cooked Quinoa
- 1½ Cups Chickpeas
- 1 Cup Diced Cucumber
- ½ Cup Shredded Carrot
- ½ Cup Feta, Mozzarella or Cheddar Cheese
- ¼ Cup Sunflower Seeds
- ¼ Cup Fresh Lemon Juice
- ¼ Cup Olive Oil

## DIRECTIONS

1. Mix all ingredients except lemon juice and oil together in a large bowl.
2. In a small bowl, whisk together juice and oil.
3. Toss dressing with the rest of the ingredients.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

## MEAL TYPE

-  Snack

## YIELD

6 Servings

## PORTION SIZES

Toddler	Preschool	School Age	Adult
¾ Cup	¾ Cup	1 Cup	1 Cup