



*Simple,  
Seasonal,  
Sustainable*

**Recipe of the Week**  
***Quinoa and Apple Salad  
with Almonds and Mint***

**Ingredients:**

- 1 cup quinoa (red, golden, or mixed)
- 1 cup red grapes, halved
- ½ cup roasted, unsalted almonds, chopped
- 2 scallions (white and light green parts), sliced
- 1 apple, such as Granny Smith, cut into ½-inch pieces
- ¼ cup fresh mint leaves, torn
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra virgin olive oil
- ½ teaspoon honey
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

**Directions:**

1. In a small saucepan, bring 2 cups of water to a boil over medium-high heat.
2. Stir in the quinoa. Reduce the heat to low and cover tightly.
3. Cook until quinoa is tender and the water is absorbed, 12 to 15 minutes.
4. Remove from heat and fluff with a fork. Let stand, covered, for 5 minutes more. Let cool.
5. In a large bowl, combine the grapes, almonds, scallions, apple, mint, and quinoa.
6. In a small bowl, whisk together the lemon juice, oil, honey, salt, and pepper.
7. Pour over the salad and toss to combine.



Serves 4

224 calories, 13 g fat, 1.5 g saturated fat,  
24 g carbohydrate, 4 g fiber, 5 g protein,  
154 mg sodium

Source: Cleveland Clinic