



Quinoa Salad With Turmeric Tahini Dressing

Prep Time 15 mins
 Total Time 20 mins

Meal Type Lunch, Dinner

Contributed By



Source Adapted from [Seasonal cravings](#)

Servings 6



Ingredients

- 1 cup quinoa
- 6 cup package mixed greens
- 4 scallions, *chopped*
- 2 apples, *chopped*
- 1 cup pistachios
- 3 Tbs tahini
- 3 Tbs olive oil
- 1 lemon, *juiced*
- 1/4 tsp turmeric
- 2 Tbs water to thin out
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Cook quinoa. Bring 2 cups salted water to a boil. Add 1 cup quinoa and return to a boil, stir. Cover with a tight-fitting lid, reduce heat to medium and simmer for about 12 minutes or until liquid is absorbed. Remove from heat, fluff with a fork and let stand for a few minutes with the lid on.
2. Chop scallions.
3. Chop apples.

Make

1. Add all salad ingredients into a large bowl and toss gently.
2. Make dressing: In a jar add all dressing ingredients [tahini, olive oil, lemon juice, turmeric] and shake well. Adjust water to desired consistency.
3. Dress right before serving.

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories 368 per serving	Total Fat 22.47g	34%	Total Carbohydrates 35.75g	11%	
			Dietary Fiber 6.63g	26%	
			Total Sugars 7.62g		
			Protein 10.64g		

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