

Quinoa Grilled Paneer Salad

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/india-gate-quinoa-paneer-recipe>

Ingredients:

- 1 cup quinoa
- 12 cherry tomato
- 250 grams paneer
- 1/2 cup red bell peppers
- salad greens your choice - 1 cup
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons lemon juice
- 2 teaspoons balsamic vinegar
- salt to taste
- 1/4 teaspoon freshly ground black pepper

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 45 milligrams
4. Fat: 24 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 9 grams
8. Sodium: 420 milligrams
9. Sugar: 5 grams

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