

Veggie Quinoa Salad

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/near-east-quinoa-greek-recipe>

Ingredients:

- 1/4 cup dry quinoa
- 1/2 bean soup Near East Black
- 1 cup frozen vegetables raw/, – I used broccoli, carrots, peas, collard greens
- 1 teaspoon soy sauce
- 1/4 teaspoon oil Sesame

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 9 grams
3. Fat: 1 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 85 milligrams

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