

Sesame Mandarin Quinoa Salad

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/quinoa-porridge-chinese-recipe>

Ingredients:

- 1 cup quinoa uncooked Bob's Red Mill Organic Whole Grain
- 1/3 cup extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon sugar substitute like splenda or something similar
- 2 tablespoons sesame oil
- 1 pinch kosher salt and fresh cracked pepper
- 1/2 cup sweet peppers chopped, found a big bag of these at Costco, they are small and very mild. Great flavor
- 1/4 cup green onions chopped, the green part
- 1/4 cup fresh parsley chopped
- 1/4 cup crumbled feta cheese
- 1 cup mandarin oranges

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 10 milligrams
4. Fat: 29 grams
5. Fiber: 5 grams
6. Protein: 8 grams
7. SaturatedFat: 5 grams
8. Sodium: 190 milligrams
9. Sugar: 9 grams

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