

Summertime Quinoa Salads!

Yield: 9 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/subway-salads-india-recipe>

Ingredients:

- 1 cup quinoa uncooked
- 1/4 cup dressing “Feast from the East” Sesame, from Costco, this is such a great dressing
- 1/4 cup green onions chopped, the green parts
- 1/2 cup crumbled feta cheese
- 1/2 cup red bell pepper chopped
- 1/4 cup cilantro leaves fresh chopped
- 1 cup quinoa uncooked
- 3 tablespoons fresh lime juice
- 3 tablespoons extra virgin olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon garlic salt with parsley
- 1 teaspoon sauce adobe, from can of chipotle peppers
- 1 can corn yellow, drained
- 1 can white beans drain and rinsed
- 1/2 cup cilantro leaves fresh chopped, chopped
- 2 chipotle peppers chopped
- 1/2 cup red bell pepper chopped
- 1/4 cup green onions chopped, the green parts

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 5 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 8 grams
7. SaturatedFat: 3 grams
8. Sodium: 170 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Summertime Quinoa Salads! above. You can see more 20 subway salads india recipe Taste the magic today! to get more great cooking ideas.