



Summer Squash and Red Quinoa Salad with Walnuts

 Gluten Free  Popular

READY IN



35 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 tablespoons parmesan shaved with a peeler finely grated
- ☐ 0.5 cup flat parsley
- ☐ 0.3 cup basil fresh
- ☐ 2 teaspoons kosher salt plus more for seasoning
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated

- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup quinoa red rinsed drained
- ☐ 1 tablespoon sherry vinegar
- ☐ 1 pound summer squash assorted
- ☐ 0.5 cup walnuts toasted

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring quinoa and 4 cups water to a boil in a medium saucepan. Season with salt, cover, reduce heat to medium-low, and simmer until quinoa is tender but not mushy, 12–15 minutes.
- ☐ Drain; return quinoa to hot saucepan. Cover and let sit for 15 minutes. Uncover; fluff with a fork and let cool.
- ☐ Cut squash into 1/8"-thick slices, some lengthwise and some crosswise.
- ☐ Transfer to a large bowl, season with 2 teaspoons salt, and toss to coat.
- ☐ Let sit until slightly wilted, about 15 minutes. Rinse under cold water and drain well. Pat dry with paper towels.
- ☐ Whisk grated Parmesan, zest, juice, and vinegar in a medium bowl. Gradually whisk in oil. Season dressing with salt and pepper.
- ☐ Combine squash, quinoa, parsley, walnuts, and basil in a large bowl.
- ☐ Pour dressing over; toss to coat.
- ☐ Garnish with shaved Parmesan.
- ☐ Per serving: 350 calories, 29 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:14.691739078287%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 262.3kcal (13.12%), Fat: 21.85g (33.61%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 11.09g (4.03%), Sugar: 2.12g (2.35%), Cholesterol: 1.13mg (0.38%), Sodium: 807.69mg (35.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Vitamin K: 97.3µg (92.67%), Manganese: 0.79mg (39.47%), Vitamin C: 22.19mg (26.89%), Vitamin E: 2.58mg (17.19%), Folate: 67µg (16.75%), Magnesium: 60.68mg (15.17%), Vitamin B6: 0.3mg (14.84%), Copper: 0.29mg (14.61%), Phosphorus: 143.03mg (14.3%), Vitamin A: 643.11IU (12.86%), Fiber: 2.73g (10.93%), Vitamin B2: 0.18mg (10.55%), Potassium: 361.3mg (10.32%), Iron: 1.66mg (9.24%), Vitamin B1: 0.13mg (8.49%), Zinc: 1.07mg (7.16%), Calcium: 57.92mg (5.79%), Vitamin B3: 0.78mg (3.89%), Vitamin B5: 0.32mg (3.21%), Selenium: 2.23µg (3.19%)