



zucchini quinoa salad with microgreens | tender greens



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces feta cheese cubed
- ☐ 0.3 cup kalamata olives black finely chopped
- ☐ 6 servings pepper freshly ground to taste
- ☐ 0.3 cup pumpkin seeds toasted
- ☐ 1 cup quinoa rinsed drained well
- ☐ 0.3 teaspoon sea salt
- ☐ 500 ml water

☐ 30 ml citrus champagne vinegar

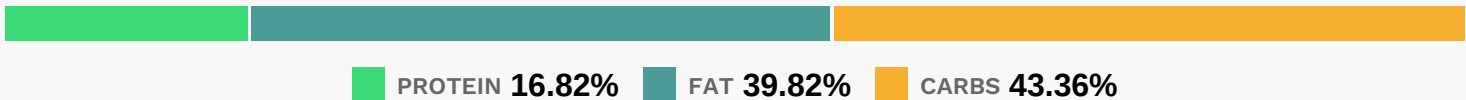
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine the drained quinoa with the 2 cups of water and salt in a heavy medium-sized saucepan. Bring to a boil, then reduce heat and cover and simmer for about 15 minutes or until done. Take saucepan off of heat and set aside for 5 minutes with the lid on to steam and dry out the quinoa.
- ☐ Pour out into a large bowl and let cool to room temperature.
- ☐ Add the shredded zucchini, chopped black olives and feta to the quinoa.
- ☐ Whisk together the white wine vinegar and olive oil and pour over reserving some to toss with the microgreens. Toss microgreens with the remaining dressing and top the quinoa.
- ☐ Sprinkle with the toasted pumpkin seeds. Season with freshly ground black pepper. Taste and add more salt if needed depending on how salty your feta cheese is.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:9.4886956772079%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 178.62kcal (8.93%), Fat: 7.96g (12.24%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 19.49g (6.5%), Net Carbohydrates: 17.14g (6.23%), Sugar: 0.07g (0.08%), Cholesterol: 16.82mg (5.61%), Sodium: 406.3mg (17.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.12%), Manganese: 0.72mg (35.89%), Phosphorus: 226.84mg (22.68%), Magnesium: 77.02mg (19.26%), Folate: 59.91µg (14.98%), Vitamin B2: 0.25mg (14.96%), Copper: 0.23mg (11.55%), Calcium: 113.95mg (11.39%), Vitamin B6: 0.22mg (11.2%), Zinc: 1.64mg (10.96%), Iron: 1.71mg

(9.52%), Fiber: 2.35g (9.42%), Vitamin B1: 0.14mg (9.31%), Selenium: 5.55µg (7.93%), Vitamin E: 1mg (6.66%), Potassium: 198.49mg (5.67%), Vitamin B12: 0.32µg (5.32%), Vitamin B5: 0.42mg (4.24%), Vitamin B3: 0.77mg (3.83%), Vitamin A: 106.8IU (2.14%)