

Cranberry Apple Quinoa Salad

Oshkosh Community YMCA

This Cranberry Apple Quinoa Salad is full of crunchy texture and pops of sweetness from the apple and dried cranberries. A great autumn salad!

INGREDIENTS:

- 1 cup uncooked quinoa
- 1/2 cup diced celery
- 2 green onions, sliced
- 1 cup diced apple
- 1/3 cup toasted pecans, chopped
- 1/3 cup dried cranberries

Vinaigrette

- 2 tablespoons apple cider vinegar
- 1 tablespoon honey or maple syrup
- 1 tablespoon olive oil
- 2 teaspoons Dijon mustard
- 1/4 teaspoon granulated garlic
- Kosher salt and fresh ground black pepper to taste



INSTRUCTIONS:

1. Cook the quinoa according to the package instructions adding a little salt to the water. Once the quinoa is cooked, let it cool to room temperature.
2. While the quinoa cools, add all of the vinaigrette ingredients to a small bowl or jar with a lid. Whisk or shake until combined.

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Recipe source <https://reciprunner.com/cranberry-apple-quinoa-salad/>

3. Once the quinoa has cooled, pour it into a serving bowl along with the remaining salad ingredients. Season with salt and pepper. Pour the vinaigrette over the salad and stir everything together until combined. Taste for seasoning, then serve or refrigerate until ready to serve.

Notes

- If you plan to make the salad ahead, omit the pecans until ready to serve so that they stay crunchy.

Nutrition Information:

YIELD:

6

SERVING SIZE:

1

Amount Per Serving: CALORIES: 218 TOTAL FAT: 8g
SATURATED FAT: 1g TRANS FAT: 0g UNSATURATED
FAT: 7g CHOLESTEROL: 0mg SODIUM: 60mg
CARBOHYDRATES: 33g FIBER: 4g SUGAR: 12g
PROTEIN: 5g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.