Dinner

Crunchy Cabbage Salad with Toasted Quinoa

Crisp coleslaw mix and hearty chickpeas are tossed with nutty toasted quinoa in a creamy dill yogurt dressing. A fresh, satisfying salad that comes together in about 35 to 40 minutes.



Nut free

25 min	150	21 g	5 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1/2 cup quinoa (dry)
- [ ] 1 cup low sodium vegetable broth
- [ ] 3/4 cup plain nonfat Greek yogurt
- [ ] 1 tbsp olive oil
- [ ] 2 tbsp rice wine vinegar
- [ ] 1 tbsp dried dill
- [ ] 1 tsp garlic powder
- [ ] 1/4 tsp salt
- [ ] 1/2 tsp black pepper
- [ ] 1 (14-oz) bag packaged coleslaw mix
- [ ] 1 (15-oz) can chickpeas (garbanzo beans) (drained and rinsed)

Nutrition Facts

Per serving

Calories	**150**
Total fat	4 g
Saturated fat	0 g
Sodium	260 mg
Total carbs	21 g
Fiber	4 g
Total sugars	5 g
Protein	8 g

Method

- [ ] **1** Rinse the quinoa thoroughly in a fine mesh sieve under cold running water.
- [ ] **2** Place the quinoa in a medium saucepan over medium to high heat and sauté for about 5 minutes, until any remaining water evaporates and the grains begin to pop. Pour in the low sodium vegetable broth and bring to a boil, then reduce to a simmer, cover, and cook for 15 minutes until the liquid is absorbed. Set the quinoa aside to cool.
- [ ] **3** In a large bowl, whisk the Plain Nonfat Greek yogurt with the olive oil, rice wine vinegar, dried dill, garlic powder, salt, and black pepper until smooth.
- [ ] **4** Stir the cooled quinoa into the dressing, then add the coleslaw mix and the drained and rinsed chickpeas. Toss everything together until evenly coated.

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