

Mexican Mango Quinoa Salad

Nutritional Highlights

- Mango is a great source of Vitamins A and C as well as fiber
- Quinoa is considered a complete protein, meaning it contains all 9 essential amino acids

Servings: 4

Ingredients

- 1 c cooked tri-color quinoa
- 1 large ripe peeled and diced mango
- 1 medium diced red bell pepper
- 1/4 thinly sliced red onion
- 1/4 c chopped cilantro
- 3 c coarsely chopped arugula
- 1/4 c pepitas

Dressing

- 1/4 c fresh lime juice
- 1 Tbsp honey
- 3 Tbsp extra-virgin olive oil
- 2 tsp chili powder
- 1/8 tsp cayenne pepper
- Kosher salt and pepper to taste

Directions

- Cook quinoa according to package directions with vegetable stock. Transfer to a large bowl and set aside to cool.
- In a small bowl, whisk together the dressing ingredients. Add the arugula and toss to coat.
- Add the mango, red bell pepper, red onion, cilantro, arugula, and dressing to the quinoa. Mix well.
- Serve and top with almonds.

Optional: add grilled salmon or chicken