

Caribbean Quinoa

Serving Size/Yield:

- ½ cup
- 6 servings

Ingredients

- 1 cup quinoa
- 2 cups water
- 4 green onions, chopped
- 2 mangoes, diced
- ¼ cup dried cranberries
- ¼ cup sliced almonds (optional)
- 1 lime, juiced
- 1 cup white vinegar
- Salt & Pepper to taste

Directions

1. Rinse and drain the quinoa
2. Toast quinoa in a hot empty pan for about 5 minutes
3. Add two cups water. Bring to a boil, cover and simmer over medium heat (about 15 minutes until all water is absorbed)
4. Let quinoa cool
5. Gently stir remaining ingredients into quinoa
6. Serve as a room temperature or cold salad

Nutritional Information (per serving-including almonds):

Calories: 186 cal; Carbohydrates: 33 g; Total Fat: 4 g; Protein: 5g;
Fiber: 4 g; Cholesterol: 0 mg; Sodium: 9 mg

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Quinoa	\$7.29/16 oz.	\$2.92
Green Onions	\$0.99/bunch	\$0.99
Mangoes	\$0.99/each	\$1.98
Dried Cranberries	\$3.99/10 oz.	\$0.57
Almonds	\$5.49/12 oz.	\$0.78
Lime	\$0.69/each	\$0.69
White Vinegar	\$1.69/32 oz.	\$0.42
TOTAL	\$21.31	\$8.35
		Cost per Serving: \$1.39



