



Elliott Evans Nutrition, LLC
Prevent and Protect
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PEAR-QUINOA SALAD

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Makes 6 Servings

- 1 14-oz can reduced-sodium chicken broth or vegetable broth
 - 1 cup quinoa, rinsed if necessary
 - 2 tablespoons walnut oil or canola oil
 - 1 tablespoon fruity vinegar, such as pear, raspberry or pomegranate
 - ¼ cup snipped fresh chives
 - ¼ teaspoon salt
 - ¼ cup freshly ground pepper
 - 2 ripe but firm pears, diced
 - ½ cup coarsely chopped walnuts or pecans, toasted
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- Bring broth to a boil in a large saucepan. Stir in quinoa, reduce heat to maintain a simmer, cover and cook until liquid is absorbed and the quinoa has popped, about 15 minutes.
 - Meanwhile, whisk oil, vinegar, chives, salt and pepper in a large bowl. Add pears and toss to coat.
 - Drain any excess liquid from the cooked quinoa, if necessary. Add the quinoa to the pear mixture; toss to combine. Transfer to the refrigerator to cool for about 15 minutes or serve warm.
 - Serve topped with nuts.