



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
**Jan Elliott Evans, PhD, RD, CNSD**  
**Registered Dietitian**  
**drevans@ub-well.com**  
**www.ub-well.com**  
**(804) 339-3200**

## **PEAR-QUINOA SALAD**

***EatingWell.com***

***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
- 
- 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.