



Quinoa and Asian Pear Salad

Serves 6

Crisp Asian pear, snow peas, and red bell pepper contrast with fluffy quinoa in this pecan-studded salad. The simple dressing, with a touch of lemon and toasted sesame oil, makes this an ideal accompaniment for grilled fish or chicken.

1 cup uncooked quinoa, rinsed and drained
4 ounces snow peas, trimmed
1 large Asian pear, peeled and chopped into ½ inch pieces
¼ cup red bell pepper, diced
¼ cup chopped pecans, dry-roasted
1 medium green onion, chopped (green part only)
1 tsp sesame seeds, dry-roasted
2 Tbsp fresh lemon juice
1 Tbsp olive oil (extra virgin preferred)
1 tsp toasted sesame oil
¼ tsp salt
¼ tsp pepper

1. Prepare the quinoa using the package directions, omitting the salt. Transfer to a medium bowl. Fluff with a fork. Let cool.
2. Meanwhile, fill a small saucepan halfway with water. Bring to a boil over high heat. Cook the snow peas for about 45 seconds, or until bright green and tender-crisp. Drain in a colander. Plunge into a bowl of cold water to stop the cooking process. Drain well in a colander. Cut the snow peas into 1/2-inch pieces.
3. Stir the snow peas, pear, bell pepper, pecans, green onion, and sesame seeds into the quinoa.
4. In a small bowl, whisk together the remaining ingredients. Stir into the quinoa mixture, tossing gently to coat. Let stand for 15 minutes so the flavors blend. Serve at room temperature or cover and refrigerate for 1 hour to serve chilled.

Cook's Tip: To prevent the Asian pear from browning, place the chopped pieces in cold water until you're ready to use them. If Asian pears aren't available, you can substitute a sweet eating apple, such as a Gala, or another crisp pear, such as a Bosc.

Nutritional Analysis

Serving Size: 1 cup

Calories	198
Fat	8.5g
Saturated Fat	1g
Trans Fat	0g
Polyunsaturated Fat	2.5g
Monounsaturated Fat	4.5g
Cholesterol	0mg
Sodium	101mg
Carbohydrates	26g
Dietary Fiber	5g
Sugars	6g
Protein	5g

Diabetic Exchanges:

Starches	1 1/2
Fat	1