

# Tart Cherry & Almond Quinoa Salad



Source: USOPC

## Ingredients

3/4 cup dry quinoa

1-1/2 cups water

1/2 cup dried tart cherries

1/4 cup almonds, chopped

1 green onion, thinly sliced

1/4 tsp. flaky salt

## Dressing

2 tbs. smooth almond butter

4 tsp. balsamic vinegar

1 tbs. olive oil

1 tbs. water

1/2 tsp. Dijon mustard

1/4 tsp. black pepper

1/8 tsp. flaky salt

**Prep Time** 40 minutes

**Servings** 3 servings

**Difficulty**



## Nutrition

Per 1/3 of recipe

379 calories

50g carbohydrates

11g protein

18g fat

7g fiber

281mg sodium

**Dietary** Gluten Free, Vegan

**Source** Stephanie Miezín,  
MS, RD, CSSD

## Directions

Rinse quinoa well to clean.

Add quinoa and water to a pot. Place on high heat to bring to a boil, then reduce heat to simmer and cover with a lid. Let cook about 15 minutes, until quinoa is cooked through and water has been all absorbed. Transfer to a large shallow bowl or container and place in the fridge to chill.

Place cherries in heat proof container and cover with very hot water. Let sit for at least 10 minutes to allow to plump up slightly, then drain.

In a small bowl, whisk the dressing ingredients until smooth. Add another tablespoon of water if your dressing is too thick.

In a large bowl, combine the cooled quinoa, cherries, green onion, almonds and salt. Add the dressing and mix to season evenly.

Leftovers will keep covered in the fridge for up to a few days.

## Notes

Tart cherries contain strong antioxidant and anti-inflammatory properties which can help you recover from training and may decrease muscle soreness. This salad is a great source of carbohydrates to refuel your muscle energy stores in preparation for the next training session. Almonds and a rich almond butter dressing make this an especially satisfying dish with plenty of healthful unsaturated fats.