

## RomaCrunch® Quinoa Salad with Citrus & Pomegranate

### Servings

4

### Calories

230

### Prep Time

15 minutes

### Total Time

15 minutes

### Skill Level

Easy

### Ingredients

- 2 cups cooked quinoa
- 2 medium oranges, segmented
- ½ cup fresh pomegranate seeds
- ½ cup Citrus Vinaigrette (recipe below)
- 2 heads Mann's RomaCrunch®

### Citrus Vinaigrette

- 1 teaspoon finely grated orange zest
- ½ cup freshly squeezed orange juice
- 2 ½ tablespoons citrus-infused white wine vinegar
- 1 tablespoon honey
- 1 ½ tablespoons finely chopped shallots
- 2 teaspoons soy sauce
- 1 garlic clove, peeled
- ½ teaspoon kosher salt
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ⅛ teaspoon cayenne pepper
- ¼ cup light olive oil





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## The Method

First, prepare the dressing. Place all the ingredients except the oil into a food processor and pulse several times until the garlic and shallots are finely minced. With the motor running, add the oil in a slow stream until incorporated. Taste for seasoning and adjust as necessary. Set aside.

In a large mixing bowl, add the cooked quinoa, orange segments and pomegranate seeds. Drizzle dressing over top and toss gently. Add more dressing if needed. Set aside.

Split RomaCrunch® heads in half lengthwise. Using a paring knife, hollow out the center to create a bowl, leaving the outer leaves intact. Spoon the quinoa mixture into each half, drizzle with a bit of dressing, and serve immediately.

### Nutrition Facts

Serving Size: 341g | Servings: 4

#### Amount Per Serving

Calories 230 | Total Fat 6g (sat 1g trans 0g) | Cholesterol 0mg | Sodium 135mg | Total Carbohydrate 39g | Dietary Fiber 5g | Sugars 15g | Protein 7g | Vitamin D 0% | Calcium 6% | Iron 15% | Potassium 8%