

Anti-Inflammatory Quinoa Salad

Adapted from [Cookie and Kate](#)

Prep Time: 20 minutes | Cook Time: 20 minutes | Total Time: 40 minutes

Yield: 8 side salads (~1 cup each)

Ingredients

- 1 cup uncooked quinoa, rinsed in a fine-mesh colander
- 1 can (15 ounces) chickpeas, rinsed and drained
- 1 medium cucumber, chopped
- 1 medium red bell pepper, chopped
- $\frac{3}{4}$ cup chopped red onion
- 1 cup finely chopped flat-leaf parsley
- $\frac{1}{4}$ cup extra-virgin olive oil
- $\frac{1}{4}$ cup lemon juice
- 1 tablespoon red wine vinegar
- 2 cloves garlic, pressed or minced
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ tsp black pepper



Instructions

1. To cook the quinoa: Combine the rinsed quinoa and 2 cups water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook, uncovered, until the quinoa has absorbed all of the water, about 15 minutes. Remove from heat, cover, and let the quinoa rest for 5 minutes, to give it time to fluff up.

2. In a large serving bowl, combine the chickpeas, cucumber, bell pepper, onion and parsley. Set aside.
3. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic, salt and pepper. Whisk until blended, then set aside.
4. Once the quinoa is mostly cool, add it to the serving bowl, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. For best flavor, let the salad rest for 5 to 10 minutes before serving.
5. This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.

***Quinoa note:** If you happen to have 3 cups of leftover cooked quinoa, you can use it instead of cooking more.

Change it up: This salad is awesome as written. You can serve it on fresh greens with an extra drizzle of olive oil and squeeze of lemon juice for dressing. Feel free to top it with crumbled feta cheese.

Nutrition (per 1 cup serving):

205 calories, 9 g fat, 218 mg sodium, 26 g carbs, 5 g fiber, 2 g sugar, 7 g protein

High in Vitamin C, Vitamin K, Magnesium, and B vitamins!



Nourishing Lunches for Wellness

 **Cleveland Clinic**
Akron General

WellnessRDs CCF

<https://my.clevelandclinic.org/locations/akron-general/lifestyles/nutrition-weight-management>



Cranberry Chicken Salad Pita

2 servings

15 minutes

Ingredients

- 1 1/2 tpsps Mayonnaise
- 1/4 Lemon (medium, juiced)
- 1 1/2 tpsps Fresh Dill (chopped)
- Sea Salt & Black Pepper (to taste)
- 6 ozs Chicken Breast, Cooked (cubed)
- 1/4 cup Dried Unsweetened Cranberries
- 2 tpsps Red Onion (diced)
- 2 ozs Mini Whole Wheat Pita

Nutrition

Amount per serving	
Calories	267
Fat	5g
Polyunsaturated	2g
Monounsaturated	2g
Carbs	27g
Fiber	3g
Sugar	10g
Protein	29g
Sodium	195mg
Potassium	357mg
Vitamin A	62IU
Vitamin C	3mg
Calcium	26mg
Iron	2mg

Directions

- 1 In a bowl, whisk together the mayonnaise, lemon juice, dill, salt, and pepper.
- 2 Add the chicken, cranberries, and red onion to the mayonnaise mixture and stir well. Taste and adjust the seasoning to your taste.
- 3 Cut the pitas in half and stuff them with the chicken mixture. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Make the chicken mixture ahead of time and refrigerate in an airtight container for up to two days. Stuff the pita(s) just before enjoying.

Serving Size: One serving is equal to one stuffed mini pita.

No Dill: Use parsley instead.

Gluten-Free: Use a gluten-free pita.

Mini Whole Wheat Pita: One mini whole wheat pita is 30 grams or one ounce.



Cottage Cheese & Yogurt Bowl with Berries copy

1 serving
10 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1/2 cup Cottage Cheese
- 1 tsp Maple Syrup
- 1/2 cup Strawberries (chopped)
- 1/4 cup Frozen Blueberries
- 1 tbsp Chia Seeds
- 1 tbsp Hemp Seeds

Nutrition

Amount per serving	
Calories	365
Fat	16g
Polyunsaturated	7g
Monounsaturated	2g
Carbs	30g
Fiber	7g
Sugar	17g
Protein	28g
Sodium	405mg
Potassium	424mg
Vitamin A	799IU
Vitamin C	51mg
Calcium	442mg
Iron	3mg

Directions

- 1 In a bowl, combine the yogurt, cottage cheese, and maple syrup.
- 2 Top with strawberries, blueberries, hemp seeds, and chia seeds. Enjoy!

Notes

No hemp seeds?: Substitute a tablespoon of chopped nuts

Leftovers: Refrigerate the yogurt mixture separately from the toppings in an airtight container for up to three days.

Serving Size: One serving is approximately 1 3/4 cups.

Additional Toppings: Chopped nuts and shredded coconut.



Air Fryer Egg & Spinach Quesadilla

1 serving

15 minutes

Ingredients

- 1/2 tsp Extra Virgin Olive Oil (divided)
- 1 1/2 cups Baby Spinach
- 2 Egg (whisked)
- Sea Salt & Black Pepper (to taste)
- 1 Whole Wheat Tortilla (large)
- 1 1/2 ozs Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Calories	472
Fat	30g
Polyunsaturated	3g
Monounsaturated	11g
Carbs	23g
Fiber	5g
Sugar	2g
Protein	28g
Sodium	708mg
Potassium	529mg
Vitamin A	5290IU
Vitamin C	13mg
Calcium	503mg
Iron	4mg

Directions

- 1 Preheat the air fryer to 370°F (190°C).
- 2 Heat a large nonstick pan over medium heat. Add half of the oil and the spinach. Cook until just wilted, about one minute.
- 3 Reduce the heat to low and add in the eggs. Season with salt and pepper. Scramble and cook for about four to five minutes, or until cooked through. Remove and set aside.
- 4 Place a tortilla on a flat surface and add cheese to half of the tortilla. Add the egg mixture over top of the cheese and fold the tortilla in half, gently pressing down. Drizzle the remaining oil over top of the folded tortilla.
- 5 Transfer to the air fryer and bake for three minutes. Flip and cook for another three minutes or until golden and crispy. Slice in half and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days. Reheat in the air fryer.

Serving Size: One serving is one quesadilla.

Dairy-Free: Use plant-based cheese instead.

More Flavor: Add garlic powder, nutritional yeast, or paprika to the eggs.

Additional Toppings: Serve with salsa or sour cream on the side.

Gluten-Free: Use a gluten-free tortilla.



Salmon & Pesto Pasta Salad

2 servings

15 minutes

Ingredients

- 5 ozs Chickpea Pasta
- 6 ozs Canned Wild Salmon (drained, flaked)
- 1 cup Baby Spinach (chopped, packed)
- 1/3 cup Sun Dried Tomatoes (drained and chopped)
- 1/4 cup Pesto
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	529
Fat	22g
Polyunsaturated	4g
Monounsaturated	9g
Carbs	49g
Fiber	12g
Sugar	12g
Protein	45g
Sodium	614mg
Potassium	834mg
Vitamin A	2131IU
Vitamin C	8mg
Calcium	202mg
Iron	9mg

Directions

- 1 Cook the pasta according to package directions. When the pasta is done cooking, run it under cold water for a minute and drain well.
- 2 Combine everything in a bowl and mix until well coated. Serve, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 3/4 cup.

Additional Toppings: Black olives and/or zucchini.



Chicken Caesar Mason Jar Salad

2 servings
15 minutes

Ingredients

1/4 cup Quinoa (dry)
3 tbsps Caesar Dressing
8 ozs Chicken Breast, Cooked (shredded)
1/2 cup Cherry Tomatoes (halved)
1/4 Cucumber (large, chopped)
2 cups Mixed Greens
2 tbsps Almonds (coarsely chopped)
2 tbsps Parmigiano Reggiano (shaved, optional)

Nutrition

Amount per serving	
Calories	372
Fat	12g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	24g
Fiber	4g
Sugar	6g
Protein	43g
Sodium	383mg
Potassium	870mg
Vitamin A	440IU
Vitamin C	10mg
Calcium	150mg
Iron	2mg

Directions

- 1 Cook the quinoa according to the package directions. Let it cool to room temperature.
- 2 Divide and layer the ingredients into mason jars in the following order: Caesar dressing, chicken breast, quinoa, cherry tomatoes, cucumber, mixed greens, almonds, and parmesan cheese, if desired.
- 3 Seal the jar and refrigerate until ready to serve.
- 4 When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Store in the fridge for up to three days.

Serving Size: 16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

More Flavor: Season with salt, pepper, or your choice of herbs and spices.