

# Summer Quinoa Salad with Arugula & Watermelon

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Summer is here and this refreshing dish is made to help keep you cool on a hot summer day. This salad is on the sweeter side thanks to a seasonal favorite: watermelon! As its name indicates, watermelon is packed with water to keep you hydrated. Fresh arugula, cherry tomatoes and mint also pack this dish with antioxidants. Enjoy at your next picnic!

## Ingredients:

1 cup quinoa  
3 tablespoons lemon juice  
3 tablespoons olive oil  
¼ teaspoon pepper  
1/8 teaspoon salt  
2 cups watermelon, cut into small cubes  
2 cups baby arugula  
1 cup cherry tomatoes, halved  
¼ cup fresh mint, roughly chopped  
2 tablespoons walnuts, roughly chopped

## Directions:

1. Cook quinoa according to package directions. Set aside to cool to room temperature.
2. Meanwhile, whisk together lemon juice, olive oil, pepper and salt in a small bowl and set aside.
3. In a large bowl, combine cooled quinoa, watermelon, arugula, cherry tomatoes, mint, walnuts and dressing. Toss together, serve and enjoy!

**Yield:** 6 servings (1 cup per serving)

**Nutrition Facts:** 199 Calories; 10 g Fat (1 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 63 mg Sodium; 24 g Carbohydrate (3 g Fiber, 5 g Sugar, 0 g Added Sugar); 5 g Protein; 5% Daily Value (DV) Vitamin A; 14% DV Vitamin C; 0% DV Vitamin D; 4% DV Calcium; 10% DV Iron; 7% DV Potassium