

LIVING WITH DIABETES

NutritionConfidence *Recipes*



The following NutritionConfidence recipes are brought to you by ADSA (the Association for Dietetics in South Africa) and Chef Vanessa Marx

Quinoa & Fig Salad

INGREDIENTS

- 1 cup white quinoa
- 2 cups water
- 8 purple figs, cut into quarters
- 100 g walnuts, raw & unsalted
- 200 g mixed salad greens (rocket, baby spinach, watercress)
- ½ cucumber
- 120 ml extra virgin olive oil
- 50 ml white wine vinegar
- 1 tablespoon honey
- 1 teaspoon smooth Dijon mustard

Recipe by Chef Vanessa Marx
Photograph by Claire Dunn

SERVES
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