

LIVING WITH DIABETES

HOW TO MAKE IT

- preheat the oven to 150 °C.
- put the quinoa and water into a medium saucepan on medium heat. Cook the quinoa with the lid on for about 20 minutes until it expands and opens slightly. Remove from the heat and strain the excess water from the quinoa. Season with a pinch of salt and leave to cool.
- roast the walnuts on an oven proof tray for about 10 minutes, checking every now and then to make sure they don't burn. Remove the nuts from the oven and leave to cool.
- using a peeler, peel the cucumber to make long thin ribbons. Peel around the cucumber using only the firm outside parts. Discard the middle part of the cucumber with the seeds or eat as a snack.
- To make the dressing: whisk the vinegar, honey and mustard in a mixing bowl. Slowly drizzle the olive oil into the bowl, while continuously whisking to combine.
- assemble the salad greens on a large plate or platter. Sprinkle the cooled quinoa over the salad leaves. Arrange the figs and cucumber ribbons on top of the salad. Sprinkle the roasted walnuts over the salad and drizzle with the dressing.
- Serve as a light main course or as a healthy side salad to your favourite dish.

Nutritional Value per serving:

Energy	2689 kJ
Protein	11.3 g
Carbohydrate	51.3 g
Total fat	44 g
Dietary fibre	41 g
Sodium	8 mg

Why we love this recipe!

We love the combination of sweet, salty and sour in this recipe! A lovely vegan main meal containing a good combination of protein, carbohydrate and healthy mono-unsaturated fats!

Dietitians say...

Quinoa is a good source of fibre, folate, magnesium, manganese, phosphorus and B vitamins.

It has an amino acid score of 106, which indicates a complete or high-quality protein.

Quinoa is also a good source of carbohydrate and contains roughly the same amount of carbohydrate as a 100 g portion of cooked brown rice.