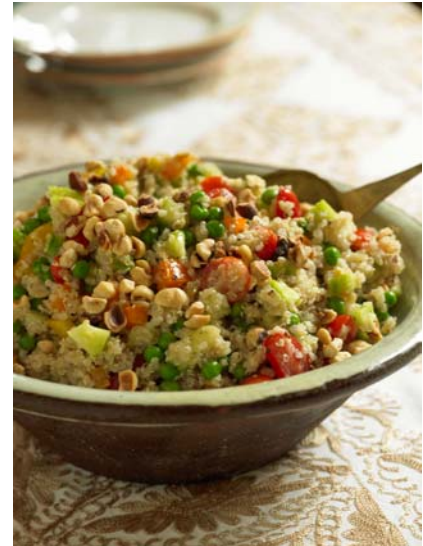


Hazelnut Quinoa Salad

Prep time: 15 minutes
Cooking time: 20 minutes
Makes 6 servings

1/2 cup	Quinoa*
1/2 cup	Bottled Italian salad dressing
1/2 cup	Hazelnuts, toasted, skin removed, coarsely chopped, divided
1 1/2 cups (1 medium)	Cucumber, peeled, seeded and diced
1 cup	Cherry tomatoes, cut in half
1 cup	Petite peas, frozen, thawed and drained
1/2 cup	Yellow or orange bell pepper, seeded and diced
1/4 teaspoon	Black pepper, ground



Rinse quinoa under running water for 1 minute. Place quinoa and 1 cup water in medium saucepan. Bring to boil over high heat. Cover and reduce heat to low. Simmer for 15 to 20 minutes or until all water is absorbed. Fluff with fork. Cool completely.

Process salad dressing and 1/4 cup hazelnuts in food processor or blender until smooth; set aside.

Place cooked, cooled quinoa in large bowl. Add cucumbers, tomatoes, peas and bell pepper. Pour dressing over salad and toss until blended. Sprinkle with black pepper and remaining hazelnuts. Serve immediately.

*You may substitute 2 cups cooked couscous for quinoa.

Tip: If making in advance, add peas just before serving.

Nutritional Analysis per Serving: Calories 190 (54% Calories from Fat), 5g Protein, 19g Carbohydrate, 3g Fiber, 12g Fat, 1.5g Sat. Fat, 0g Trans Fat, 0mg Cholesterol, 360mg Sodium