

Crunchy Quinoa Salad

This delicious salad can be used as a side dish or as a main course by simply adding fish, chicken, tofu, chickpeas, or beans.

Time: 15 minutes

Serves: 4-6

Salad Ingredients:

- 2 cups cooked quinoa
- 1 cup grated carrot
- ½ cup finely chopped red pepper
- ½ cup finely chopped celery
- 3 chopped green onions
- ¼ cup sunflower seeds
- 1 cup chopped parsley

Dressing Ingredients:

- 1/3 cup extra virgin olive oil
- 3 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 1 tbsp Tamari
- ½ tsp black pepper
- 1 tsp Herbamere
- ¼ cup toasted sesame seeds

Directions:

1. Place salad ingredients in a large bowl. Stir to combine.
2. Mix dressing ingredients together in a glass jar. Shake well and pour over salad.



Source: <http://www.vitalitynaturalhealth.ca/Recipes/CrunchyQuinoaSalad.pdf>