

QUINOA SALAD



Prep time: 5 minutes



Cooking time: 15–20 minutes



Servings: 6–8

Ingredients

- 1-1/2 cups quinoa
- 3 cups water
- 1/4 cup lime juice
- 1/4 cup olive oil
- 1 cup parsley, chopped
- 1/2 cup scallion, chopped
- 1/2 cup tomato, diced
- Salt and pepper to taste

Directions

1. Using a fine mesh strainer, rinse quinoa with cool water until water runs clear.
2. Combine quinoa and water in saucepan. Cover and bring to a boil. Reduce heat to a simmer and continue to cook, covered, for 15 minutes or until all water has been absorbed.
3. Remove from heat and let stand, covered, for 5 minutes.
4. Fluff with fork.
5. Add remaining ingredients to quinoa and lightly toss.
6. Serve at room temperature.

Tip: For a delicious toasted flavor, dry roast quinoa for 5 minutes in saucepan before adding liquid.