SALADS

Toasted Quinoa Salad

A chilled salad with crunchy peppers, tamari, and citrus.

Ingredients

Salad

¾ cup uncooked quinoa

1½ cups water

1 cup carrots, diced

½ cup red bell pepper, chopped

¼ cup minced parsley or cilantro

2 green onions, sliced

Dressing

Juice of 1 lemon and 1 lime (or 1–2 tbsp of each)

1½ tbsp tamari soy sauce

2 cloves garlic, minced or pressed

1 tsp chili sauce (such as Tabasco), or a pinch of cayenne or red pepper flakes

Directions

1. Rinse and drain quinoa. Toast it in a dry pot until a few grains pop. Add water, bring to a boil, cover, and simmer for about 15 minutes, until absorbed.
2. Remove from heat and rest for 10 minutes. Fluff and cool.
3. Combine carrots, bell pepper, herbs, green onions, and quinoa. Whisk citrus juices, tamari, garlic, and chili sauce or the pepper of your choice together. Toss with the salad and chill until serving.