

# QUINOA SALAD

Healthy Tips for Living



## Quinoa ingredients and instructions:

- 1 cup uncooked quinoa
- 2 cups water (or substitute with vegetable or chicken broth)

## Salad ingredients and instructions:

- 1 hothouse cucumber
- 1 red bell pepper
- 1 yellow bell pepper
- 1 cup chopped parsley
- 1 can black beans (*You can substitute other vegetables if you prefer, tomatoes, zucchini, etc.*)

## Dressing ingredients:

- 2/3 cup lemon juice
- 1/4 cup extra virgin olive oil
- 2 chopped garlic cloves
- 1 tsp. cumin
- 1/2 tsp. salt
- 1 to 1-1/2 tsp. brown sugar
- Black pepper to taste

### Quinoa instructions:

1. **Pour the water** into a pot and bring it to a boil (you can use a vegetable or chicken broth instead of water). **While water/broth is coming to a slow boil**, prep the quinoa by rinsing it in water for about a minute to remove dust and the small husk. **Drain the water** from the quinoa using a strainer with small holes so you don't lose any down the drain. **Add the quinoa** to boiling water, turn the stove to low and cover the pot until the water is absorbed by the quinoa.

### Salad instructions:

2. **Chop** your cucumber and bell peppers into bite sized chunks. Finely chop the parsley (the stems are also packed with flavor!) and **mix** it with the vegetables into a large bowl. Next, **rinse** a can of black beans, **drain** the water and add the beans to your bowl. Stir the vegetables.

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### Dressing and mixing instructions:

3. **Add** 2/3 cup of lemon juice to a bowl. **Add** 1 tsp. cumin. **Add** 1 1/2 tsp. brown sugar. **Add** 1/2 tsp. salt. **Add** black pepper to taste. **Chop** 2 cloves of garlic and add it to your dressing. Now slowly **add** 1/4 cup of extra virgin olive oil to the lemon juice whisking to blend the ingredients. **Add** the dressing and mix.
4. Add about 1 cup of cooked quinoa (or as much as you like!) and mix. That's it!

**Enjoy!**