Recipes

Quinoa Cilantro Salad

Ingredients

1 cup quinoa

1 ½ cups water (always use ratio of 2:3 quinoa to water)

1 tsp sea salt

1/3 cup extra virgin olive oil

¾ - 1 cup chopped fresh cilantro (or parsley if cilantro is not your thing)

½ large red pepper (diced)

1 celery stalk (chopped)

2 medium carrots (grated)

3-4 roasted garlic cloves (minced)

3-4 tbsp lime or lemon juice

3 tbsp sesame seeds

Place quinoa, water, and sea salt in pot, bring to boil. Turn down heat and cook for approximately 20 minutes or until all water has been absorbed—quinoa should be tender and fluffy. Remove from heat and let cool to room temp. Place all other ingredients into salad bowl and mix.

Alternate recipe:

Same as above for quinoa, water, sea salt, olive oil, lemon or lime juice.

Then add 2-3 med tomatoes

¾ - 1 cup fresh chopped parsley

Mix all ingredients once quinoa is cool