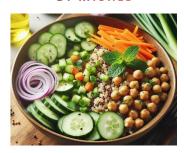




## FOR THE LOVE OF YOU COACHING

BY RACHEL



Quinoa Salad

## **Ingredients**

- 1 cup organic quinoa
- 2 cups water
- 1 15 oz organic chickpeas, rinsed and drained (I used dried ones that I soaked overnight and cooked but you can use the canned ones)
- 1 organic cucumber, diced
- 1 organic carrot, grated
- 2 celery stalks, chopped
- 1/4 cup green onions, chopped
- 1/4 cup organic red onion, finely chopped
- 1/4 cup organic fresh cilantro, chopped
- 1/4 cup organic fresh mint, chopped
- Juice of 1 organic lemon
- 2 tablespoons organic extra virgin olive oil
- Salt and pepper to taste

## **Instructions**

- 1. Rinse the quinoa thoroughly under cold water. In a saucepan, combine the quinoa and water. Bring to a boil, then reduce heat to low and simmer for about 15-20 minutes, or until the water is absorbed and the quinoa is tender. Set aside to cool.
- 2. In a large mixing bowl, combine the cooked and cooled quinoa, chickpeas, cucumber, carrot, red onion, parsley, and mint.
- 3. In a small bowl, whisk together the lemon juice, extra virgin olive oil, salt, and pepper. Pour the dressing over the quinoa salad and toss to combine.
- 4. Adjust the seasoning if needed. Cover the bowl with plastic wrap and refrigerate for at least 1 hour to allow the flavors to meld together.
- 5. Before serving, give the salad a final toss and adjust the seasoning if necessary. Serve chilled. This organic Quinoa and Chickpea Salad is packed with protein, fiber, and fresh flavors.

Serves 4 - (note: The nutritional values are approximate and may vary based on specific ingredients and brands used.) Calories: 315, Protein: 10g, Fat: 11g, Carbohydrates: 46g, Fiber: 9g, Sugar: 4g, Sodium: 255mg,