



## FOR THE LOVE OF YOU COACHING

BY RACHEL



### *Quinoa Salad*

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#### *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,