



Quinoa Salad



Salads are not just for summer but for all year round. They can be crisp and light, stimulating and spicy, or substantial and satisfying. Imagine tempting appetizers, complementary accompaniments, refreshing palate cleansers, or filling main course, and don't forget that fruit salads make delicious desserts. How about mixing fruits and veggies together which also makes wonderful salads. So get creative with making salads with endless possibilities. In addition to make salads, continue to keep clean eating by making your own salad dressings too.



CW Cafe Today Neo-Soul Cooking for a Healthy Life Style



Ingredients

Makes – 6 servings

- 2 cups cooked quinoa
- ¼ cup extra-virgin olive oil
- ¼ cup fresh squeezed lemon juice
- ½ cup diced red onion
- 2 tablespoons lemon zest
- 2 tablespoons apple cider vinegar (organic / raw unfiltered)
- ½ yellow bell pepper (dice)
- 1 medium tomato (diced) (tomato only no seeds or pulp)
- 1 medium english cucumber, peeled, diced
- 4 tablespoons pitted, sliced kalamata olives
- 4 tablespoons finely chopped fresh parsley
- 4 tablespoons fresh mint leaves chopped
- ½ teaspoon ground cumin
- Salt and pepper to taste

Let's make this!

1. In a large bowl, combine all ingredients and gently blend well. Covered and let marinate in the refrigerator for about an hour or longer.

Quinoa - Trying to add more healthy [whole grains](#) to your diet? Choosing quinoa is a nutritious and easy to prepare whole grain to begin with. Yes, quinoa is healthy, but just how healthy is it? Get the straight nutritional facts and nutrient data about this healthy gluten-free and low-fat grain. Quinoa is a great food not just for vegetarians and vegans, but for anyone looking to lower their cholesterol or add fiber to their diet.

Apple Cider Vinegar - is a helpful health tonic that has shown promise in helping diabetes, cancer, heart health, high cholesterol, and weight loss, and for years people have used apple cider vinegar as a folk remedy to lower fever and aid indigestion. Reach for apple cider vinegar to cure everything from the hiccups to common cold symptoms.