**Quinoa Salad**

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Served at the November 18, 2022 General Meeting

This recipe is very flexible … add or omit anything you wish. For the Five Hills luncheon, I made 4 times this recipe. It was way too much. I think 2 might even have worked, but 3 for sure.

**Ingredients:**

1 cup uncooked quinoa (I used the tricolor quinoa)

2 cups water

1 English cucumber, sliced thin (I did not peel)

1 large carrot, grated

1 bunch of small green onions, thinly sliced

1 cup craisins

1 can chickpeas, drained (I used black-eyed peas, but chickpeas are better)

1 orange, peeled, sectioned, cut into pieces

1 avocado, sliced

Feta cheese to top (optional)

Lemon wedges to spritz on top (optional) (didn’t do this)

For the dressing:

¼ cup olive oil

¼ cup apple cider vinegar

1 t. Dijon mustard

½ t. honey or maple syrup (I used maple syrup)

¾ t. fine sea salt

¼ t. fresh ground black pepper

**Steps:**

1. Rinse the quinoa in a fine mesh strainer for 30 seconds. Place into a saucepan with the 2 cups of water. Bring to a boil and then reduce to a low simmer covered for 15 minutes. Let stand for an additional 10 minutes. Fluff with a fork and set aside to cool slightly. (Basically follow the directions on the quinoa package.)
2. In a large bowl, combine all your salad ingredients.
3. In a small bowl, whisk together the dressing ingredients.
4. Pour the dressing over the salad and toss well.

**Notes:**

* Will keep, tightly covered, in frig for 3-5 days.
* Options: Other fresh fruit, sliced grapes, nuts & seeds, other veggies e.g. broccoli stems