

Sweet Quinoa Salad

Mix together:

- 1 cup quinoa *
- 1 medium onion, finely diced
- 1 pear, diced
- ¼ cup raisins
- ½ cup almonds or other nut, diced
- 1 cup of cherry tomatoes cut in half
or 1 medium sized tomato, diced
- 1 carrot, diced
- 1 red or orange pepper, diced



Then mix together & add to the quinoa:

- 2 tbsp olive oil
- juice of 1 lemon
- 1 tsp ground cumin
- 2 tsp finely chopped fresh rosemary
- ½ tsp ground black pepper
- ½ tsp salt

- Cook the quinoa seeds over a simmer until seeds *just* become transparent (about 15 minutes – don't over cook). Alternatively, you can soak the quinoa for 3 to 8 hours, then rinse thoroughly & cook for only about 5 minutes (shorter amount of cooking time if you soaked it for longer). You can also just soak the quinoa & rinse it well rather than cooking it.
- Note: dark quinoa takes about 5 minutes longer to cook than white quinoa.
- Makes 3 large servings.