

## **Picnic Worthy Salad**

### **Quinoa with Garden Vegetables (Vegan, Gluten-Free)**

Serves: 6 as a side dish

This quick, easy, salad is sure to be a hit with vegetarians and meat-eaters alike. Change it up depending on what vegetables are in your garden, at the local farm market or supermarket.

Quinoa is a seed rich in protein, fiber, B vitamins, and minerals such as manganese, magnesium, phosphorus, and zinc. For vegetarians, quinoa is a complete protein source (contains all nine essential amino acids).

In addition to the vitamins and minerals, quinoa is rich in two flavonoids, quercetin and kaempferol, which offer anti-inflammatory qualities and act as antioxidants in the body.

Enjoy this quinoa salad as part of a well-rounded diet to support overall health.

#### **Ingredients:**

- 3 cups cooked quinoa
- 1/2 cup shredded or grated carrots
- 1/2 cup chopped celery
- 1/2 cup seeded, chopped cucumber
- 1/4 cup chopped radishes
- 1/2 cup snow peas or snap peas, stringed and cut into 1/2" pieces
- 1/2 cup halved cherry tomatoes
- 2 scallions, sliced
- 1/3 cup parsley, chopped

#### **Dressing:**

- 1/4 cup coconut aminos or soy sauce
- 1/4 cup freshly squeezed lemon juice
- 1/4 cup olive oil

#### **Preparation:**

1. Cook quinoa according to package directions and let cool to room temperature.
2. Add vegetables, parsley, and dressing. Mix to combine.
3. Eat immediately or cover and refrigerate for several hours until cold.
4. Stir before eating; make and add extra dressing as desired.



#### Variations:

- Check out your local farm markets for in-season vegetables.
- Instead of parsley, try cilantro.
- Increase the protein content by adding baked tofu or Pumfu, beans, cooked chicken, or a favorite sausage (cooked, sliced/chopped).

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