

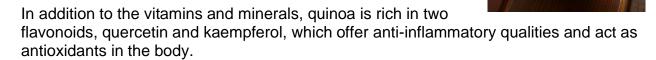
Picnic Worthy Salad

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).



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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