



Quinoa Veggie Salad

This is a great recipe if you have leftover roasted or grilled vegetables, or an assortment of vegetables in your refrigerator. Leftovers are easy to pack in lunches. Quinoa is a complete protein, so this dish can be served as a side or as your main dish.

- 1 c. quinoa, well rinsed in a fine sieve
 - 1 3/4 c. water
 - ~ 2/3 c. vinaigrette (Greek, Italian, etc.; I like apple cider vinegar, extra virgin olive oil, fresh lime juice, cumin, coriander, salt & pepper)
 - 4 - 6 c. fresh vegetables*
 - salt & freshly ground black pepper to taste
 - optional: garnish with raw or toasted sunflower or pumpkin seeds
1. Bring rinsed quinoa & water to a boil, lower heat to a simmer, and cook for ~ 15-20 minutes, or until water is absorbed.
 2. Meanwhile, prepare vegetables.
 - If using leftover roasted or grilled vegetables, simply chop the vegetables into bite-size pieces.
 - If using fresh vegetables, cut the vegetables into bite-size pieces then steam the appropriate vegetables until they are crisp-tender.
 - If using baby spinach, don't cook it; simply lay the spinach into the bottom of your large serving bowl and begin adding the hot vegetables & quinoa on top as they are cooked, mixing together so that the heat of the vegetables & quinoa begins steaming the spinach.
 - Adding halved cherry tomatoes is great in the summer.
 3. Add your choice of vinaigrette dressing and salt & pepper to taste. Serve warm or at room temperature, sprinkled with seeds if desired.

**I usually use 1 very large bunch of baby spinach with asparagus or broccoli, red bell peppers, carrots & corn but any vegetable works: peas, green beans, Swiss chard, cauliflower, zucchini, fennel, butternut squash, etc.*