

Eat the Rainbow Quinoa Salad

Ingredients

1 cup quinoa, rinsed

2 cups water

Handful ea. 3 – 5 colourful raw crunchy veggies

- i.e., peppers, cucumber, carrots, red cabbage, cherry tomatoes

Small handful (or as desired) feta cheese, crumbled

Dressing Ingredients

3 TBSP Olive oil (any healthy fat oil is good)

3 TBSP Apple Cider Vinegar

2 Clove Garlic, grated

2 TBSP Dijon Mustard

2 TBSP Honey

Salt & Pepper to taste

Method

In a medium pot, bring water to boil.

Stir in quinoa and reduce to **LOW** and simmer, covered for 12 – 15 minutes or until all water is absorbed.

Remove from heat and fluff with a fork.

Meanwhile, chop veggies to bite-sized chunks.

Once cooled, combine quinoa, feta and veggies in a large mixing bowl.

Wisk all dressing ingredients together and incorporate into salad.

Notes/Optional Add-Ins

I like to add a handful of nuts or seeds for extra crunch and more healthy fats. My personal favourites are cashews and/or hemp hearts. In addition, I often like to add something fermented like beets & ginger for gut health.

I also like to make this salad ahead of time and make up a second batch of dressing to add later on to up the flavour.