

7 LAYER VEGETARIAN QUINOA SALAD WITH TAHINI DRESSING

INGREDIENTS FOR TAHINI

- 1 clove Garlic (minced)
- 2 T Tahini
- 2 T Lemon juice
- 1/3 C Olive oil
- 1/4 t Salt
- 1 t Parsley (fresh) (minced)

INGREDIENTS FOR SALAD

- 1 1/4 C Water
- 1/4 t Salt
- 1 C Quinoa (rinsed)
- 3 C Spinach (baby)
- 1 Pepper (red) (medium) (chopped)
- 1 Chickpeas (drained) (rinsed)
- 1 Cucumber (medium) (sliced into 1/4 inch rounds)
- 1 Avocado (thinly sliced)
- 1/2 C Almonds (sliced)



DIRECTIONS

- 1 To make the dressing add all the ingredients to a blender & puree & set aside
- 2 Bring water & salt to a boil in a saucepan over medium-high heat
- 3 Add quinoa & reduce to simmer (cook for 12 - 13 minutes)
- 4 Make sure most of the water has absorbed & the little ringlets have started to come off the quinoa
- 5 Add spinach to bottom of a bowl & drizzle with 1 T of dressing, stir to coat leaves
- 6 Then layer on red pepper, chickpeas & 1 T dressing
- 7 Then layer on cucumbers, quinoa, avocado & almonds
- 8 Then layer on red pepper, chickpeas and 1 tablespoon dressing
- 9 Then layer on cucumbers, quinoa, avocado and almonds
- 10 Serve remaining dressing alongside the salad and use as needed

NOTE

Serves 8