

# GREEN QUINOA SALAD

## INGREDIENTS

- 2 C Vegetable Broth
- 1 C Quinoa
- Pinch Salt
  
- 2 C Broccoli (cut into small flowerettes)
- 1 bunch Kale (bite size pieces)
- 1 Avocado (small) (peeled, pit removed, diced)
- 1/2 C Cucumber (chopped)
- 1/3 C Red Pepper (chopped into small squares) **OR** small sticks



## DRESSING

- 1/4 C Extra virgin garlic olive oil
- 2 T Lemon juice **OR** Apple Cider Vinegar
- 1 1/2 T Dijon mustard
- 3/4 t Salt
- 1/4 t Pepper



- 1 Place broth & salt in a 5 qt. covered pot on medium high temperature
- 2 When broth boils, add quinoa mixing thoroughly & then cover & cook for 20 minutes
- 3 If quinoa not done, remove cover & cook for another 5 minutes or until there is no liquid
- 4 Steam broccoli for 10 minutes or shorter because you want it to remain bright green
- 5 While steaming kale for 5 minutes, cut up the vegetables
- 6 When broccoli & quinoa have cooled toss them together with the cut up vegetables & kale
- 7 Wisk dressing ingredients

## NOTES

If you're not using Ancient Harvest Quinoa, you should soak your quinoa in cold water for 15 minutes & then drain the remaining water before cooking the quinoa



