



Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

Quinoa Salad with Lemon and Garlic

Adapted from *Feeding the Whole Family*

Serves 4

1 cup dry quinoa
1/4 teaspoon sea salt
1 3/4 cups water
1/2 bunch seasonal greens (spring mix, arugula, spinach, etc.) chopped
1 carrot, chopped
1/3 cup parsley, chopped
1/4 cup sunflower seeds

Dressing:

3 cloves garlic, minced
1/4 cup fresh lemon juice
2 tablespoons extra virgin olive oil
2 tablespoons tamari

Rinse quinoa and drain. Place in a pot with water and pinch salt. Bring to a boil, reduce heat, and simmer 15 minutes until water is absorbed. Let cool. Combine garlic, lemon juice, oil, and soy sauce, and toss with cooked quinoa. Add vegetables to quinoa and toss.

Quinoa has a natural coating of saponin, the bitter taste of which repels insects and birds. Rinsing with warm water removes the saponin. Oryana sells quinoa that is prerinsed and ready to use.

Quinoa is rich in calcium and iron and has 10.5 grams of protein per cup.