



Quinoa Salad

Ingredients:

4 cups cooked quinoa
1 cup grated carrots
½ cup chopped celery
½ cup sliced mushrooms
½ cup green onion
½ cup chopped bok choy or cabbage
¼ cup sunflower seeds
1 tomato wedged
3 tsp. sesame seeds

Dressing:

4 cloves garlic, minced
¼ cup olive oil (optional)\1/4 cup water
½ tsp basil
Season to taste
Juice from 1 lemon
¼ cup red wine vinegar

Procedure:

Combine dressing ingredients, let stand. Stir together cooled quinoa, vegetables and seeds.
Toss with dressing and serve.

