

Quinoa Salad

Ingredients

2 cups uncooked quinoa
4 cups water
1 bunch green onions, diced
1-2 bell peppers (choice of colors), chopped
1 can chickpeas (rinsed)
1/2 red cabbage- shredded
1/2 cup grated carrots
1/4 cup fresh cilantro, chopped
1/4 cup fresh parsley, chopped
1/4 cup raisins
3 tbsp almonds or walnuts

Dressing

1/4 cup white balsamic vinegar
2 tsp Dijon mustard
1 tbsp maple syrup
1/4 cup extra virgin olive oil

Directions

1. Whisk dressing in small bowl
2. Place water and quinoa in a pot. Bring to a boil and let simmer for 15 minutes with the lid on. Let cool for 5 minutes. Fluff with fork.
3. Add all ingredients and dressing and let sit for 2 hours....or the longer the better.