

Village Health Clinic

RECIPES

Super Nutritious Quinoa Salad

One cup of quinoa has more calcium than a quart of milk and has twice the protein of barley or rice.

Salad:Dressing:

2 cups quinoa
4 cups filtered water
pinch of salt
1 tbsp olive oil
1 med onion, diced
1 clove garlic, minced
2 carrots, chopped
2 broccoli stalks, in bite sized pieces
1/2 cup sunflower seeds, toasted
1/4 cup flaxseed oil
1/4 cup brewer's yeast
1 tbsp tahini
1 tsp mellow miso
1 tbsp tamari

First rinse the quinoa to remove the bitter coating. Then add quinoa, water, and salt to a saucepan and bring to a boil. Cook for about 20 minutes or until little rings seem to be coming out of the grain.

Meanwhile, heat the olive oil in a skillet and sauté onion, garlic, carrots and broccoli until tender. In a separate bowl, mix dressing ingredients and blend well.

When quinoa is tender and rings are visible, drain any extra water and combine all ingredients. Toss and serve.