

# Herbal Legacy Recipes

## QUINOA SALAD

*This makes a great alternative for a quick potato salad to take to summer gatherings. Quinoa is a grain that remains alkaline when cooked and is packed full of nutrients.*

### SALAD INGREDIENTS:

- 1 ½ c. quinoa, rinsed and drained
- 3 c. water
- 1 c. Frozen or fresh corn
- 1 green onion chopped
- 1 tomato chopped
- 1 can whole olives drained
- ½ green, red, or yellow bell pepper chopped
- 1 handful of fresh cilantro chopped



### SALAD DIRECTIONS:

1. Simmer 1 ½ c. quinoa in 3 c. water on low for 15 min.
2. Set aside to cool. Then place all the rest of the ingredients in a bowl and gently mix.

### DRESSING INGREDIENTS:

- ¼ c. olive oil
- ¼ c. lime juice
- 1 t. cumin
- ½ - 1 t. real salt (sea salt, or Celtic)
- 1/8 t. fresh pepper ground

### DRESSING DIRECTIONS:

1. Mix dressing ingredients together and pour on vegetables.
2. Stir in cooled quinoa. (Hint: I cool quinoa in freezer for 10 min. while chopping vegetables and making dressing.)

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