

Quinoa Salad for all Seasons



Serves four as a main dish.

Prep time: 25 minutes, plus cooling time.

- 1 cup quinoa
- 1³/₄ cup water
- ½ cup red pepper, diced
- 2 scallions
- ¼ cup roasted pumpkin seeds or slivered almonds
- ¼ cup good quality olive oil
- 3 tablespoons lime juice (1 to 2 limes)
- 1 teaspoon sea salt
- 1 fresh ripe avocado

Rinse quinoa and drain. Place in a saucepan and cover with measured water. Cover and bring to a boil, reduce heat to medium-low. Let simmer for 10 minutes. Turn off heat and let remain covered for another 10 minutes until all water is absorbed. Remove and fluff with fork. For spring or summer variations, turn out onto a cookie sheet to let cool.

When quinoa is cool, add desired vegetables and nuts.

Combine olive oil, water, lime juice, and salt. Toss with quinoa and diced avocado (if using).

<http://www.chronicwellnesscoaching.com/quinoa-salad-for-all-seasons/>