



Quinoa Salad

 16 1/2 cups  25 minutes
servings

Ingredients

2 1/2 cups water
2 cups quinoa
1/3 cup Italian dressing
1 large carrot diced
3 sprigs of curly kale chopped
1/2 pint grape tomatoes cut in half
1 cucumber chopped
1 yellow pepper diced

Method

1. In a large pot, bring 2 1/2 cups water to a boil. Cook quinoa 10 minutes until water is absorbed. Set aside
2. In a large bowl, combine all veggies and 1 /3 cup Italian dressing.
3. Add quinoa and stir. Serve warm or refrigerate 3 hours until cool. Keeps well for up to a week.

Tangy and refreshing on a hot summer day. Definitely healthy and company worthy. This is great for picnics, school lunches or parties. Super easy to make and stores well for up to 1 week in refrigerator.