

QUINOA SALAD



Quinoa Salad

This ancient whole grain originated in the Andes mountains of South America and has the highest protein content of any whole grain. Its name is derived from the Spanish spelling of the Quechua name kinwa (Quin- wah).

The grain has a bitter coating containing saponins (compounds producing a soap-like foam when shaken..) These saponins protect the plant from microbes and fungi.

To remove the saponin, rinse the grain under running cold water for a few seconds. The grain is rich in vitamins B, C, E, thiamin, riboflavin, and has high mineral content of phosphorus, potassium, magnesium and calcium.

2 cups cooked cold Quinoa
2 cups cold broccoli chopped & blanched
1 cup cold cauliflower chopped & blanched
1 large can drained mandarin oranges
1 cup dried cranberries
1 cup chopped walnuts
1 cup chopped peppers, assorted colors
1/4 cup flax oil

1/4 cup balsamic vinegar

to cook Quinoa take 1 cup of dry Quinoa to 2 cups water bring to boil for 5 minutes turn it off let it sit covered for 20 minutes then cool it down before added rest of the ingredients.

mix well
salt to taste
yum!