

# QUINOA SALAD

Cuisine collective les Nomades, Montreal

## 6 Portions

1 cup	Quinoa
1 tsp.	Salt
2	Diced large cooked carrots
½ cup	Corn
4	Chopped green onions
1	Sliced large tomato
1	Diced red pepper
¼ cup	Fresh parsley (or fresh basil)

## 12 Portions

2 cups
2 tsp.
4
1 cup
8
2
2
½ cup

## 24 Portions

4 cups
4 tsp.
8
2 cups
16
4
4
1 cup

### Dressing:

1 tbsp.	Olive oil
1 tbsp.	Tahini (sesame butter, optional)
3 tbsp.	Fresh lemon juice
2 Gousses	Finely chopped garlic
1 tbsp.	Tamari or Bragg sauce
1 tsp.	Dijon mustard
1 tsp.	Unpasteurized honey (optional)
	Salt and pepper to taste

2 tbsp.	4 tbsp.
2 tbsp.	4 tbsp.
6 tbsp.	12 tbsp.
4	6
2 tbsp.	4 tbsp.
2 tbsp.	4 tbsp.
2 tbsp.	4 tbsp.

### Instructions/Directions:

- Cook quinoa in 2 cups of salted water, cover, 20 to 25 minutes, or until no water is left in pot. Let cool at air temperature.
- Mix all dressing ingredients.
- Add vegetables prepared with quinoa.
- Add dressing, mix and eat.

**Cost per portion: \$0.49**

### Did you know that...

Quinoa is an excellent source of magnesium, iron and potassium. It contains more and higher quality proteins than most cereals.