

Recipe

Quinoa Salad

By

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Ingredients

2 cups quinoa
2 cups water
1 cup diced cucumbers
1 cup diced tomatoes
1 cup roasted peanuts or cashew nuts
1/3 cup sliced fresh basil
1/3 cup chopped fresh parsley

Vinaigrette:

3 tbsp lemon juice
1/3 cup olive oil
¼ tsp black pepper
1 tsp salt
1/8 tsp chili flakes

Preparation

Cook quinoa according to package.

Chop all vegetables and place them in a mixing bowl. Meanwhile, mix lemon juice, oil, pepper, salt, and chili in a small bowl. Add cooked quinoa, peanuts, and vinaigrette in the mixing bowl. Toss well and chill for 2-3 hours before serving.

Serves

6-8

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