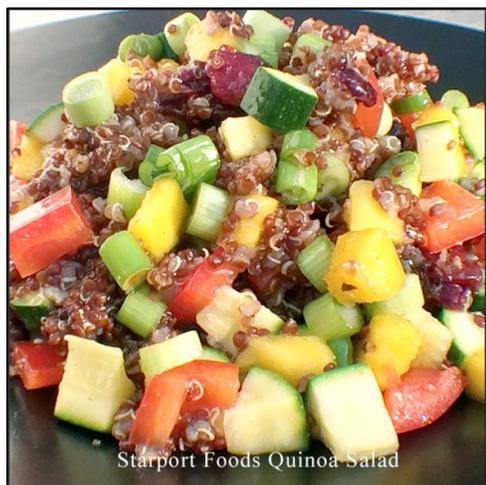




## Vegan Gluten Free Fusion Quinoa Salad

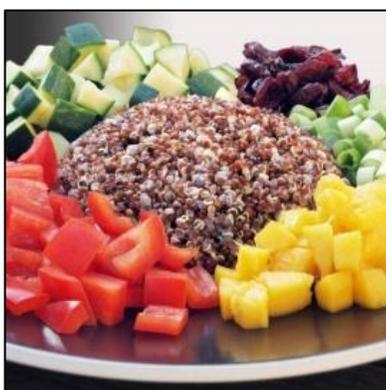
Nutritious mango and quinoa salad with Spicy Mango Creole dressing



### Ingredients: Single Serving

- ¼ C. **Spicy Mango Creole** (Gluten Free Starport 121)
- 1Tbsp. Red Wine Vinegar
- 5 oz. Red Quinoa, cooked\* (1 C.)
- 2 oz. Zucchini, diced (1/2 C.)
- 2 oz. Red Bell Pepper, diced (1/2 C.)
- 2 oz. Mango, diced (1/2 C.)
- ½ oz. Cranberries, dried (2 Tbsp.)
- ½ oz. Green onions, chopped (2 Tbsp.)

- Quinoa is pronounced “KEEN-wah”
- Quinoa is Gluten Free



### Instructions

1. Rinse 1 C. of Quinoa in a strainer and drain off excess water. Boil 1-3/4 C of water in a 4 quart pot, add the rinsed Quinoa and bring to a boil. Cover pot and reduce heat to simmer and cook for 20 minutes. Remove Quinoa and spread out on a sheet pan to cool, pack and then refrigerate.
2. Mix **Spicy Mango Creole Sauce** and red wine vinegar. Add dried cranberries and set aside.
3. Blanch zucchini for 1 minute in boiling water, drain and pat dry.
4. Dice red bell pepper and mango and set aside.
5. Place Quinoa in a large bowl and then add **Spicy Mango Creole** dressing and gently toss with a spatula.
6. Add zucchini, red bell peppers and mango into Quinoa and gently fold together. Serve the salad garnished with chopped green onions. Can be served at room temperature or chilled.

\*1 C. (6.5 oz.) of dry (uncooked) Quinoa yields about 3-1/2 C. of cooked Quinoa loosely packed.

**Notes on Quinoa:** The Food and Agricultural Organization of the United Nations has officially declared 2013 “The International Year of the Quinoa”. This ancient grain has been traced back to approximately 3000 BC in the Andes mountain regions of South America. Quinoa is available in different colors: off-white, red and black and can be eaten in the same way as grains like Bulgar and Couscous. Quinoa is actually not a member of the cereal grass family (wheat, barley and rye), but is related to spinach, swiss chard and beets. The leaves and stems of the Quinoa plant are also edible, and the seeds can be ground into flour. Cooked Quinoa seeds are slightly crunchy, fluffy and translucent and have a little sprouted white germ “tail”. This delicately nutty seed is highly nutritious, contains anti-oxidants and anti-inflammatory phytonutrients, Omega-3 fatty acids and alpha-linolenic acid. Quinoa contains higher flavonoids than berries, and retains most nutrients due to quick cook time. The unique amino acids contained in Quinoa allow it to serve as a complete protein source.

Quinoa must be stored in an airtight container away from direct heat and light. Increase shelf life by storing the container in the refrigerator.