

- Easy No Sweat Recipe -

Quinoa Salad with Walnuts

For more recipes, visit www.beakitchenhero.com

Try this salad as a main course lunch.

Serves 4

- 1 1/2 cups quinoa, rinsed for 1 minute.
- 2 cups water
- 1 cup canned mixed beans, such as kidney, black beans and chickpeas
- ½ cup diced red or green pepper
- ½ cup diced cucumber, seeded
- 1 small carrot, peeled and diced
- 1/3 cup chopped fresh cilantro
- 1 cup toasted walnuts, roughly chopped

Walnut Dressing

- 4 tbsp walnut oil or olive oil
- 1 1/2 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1/2 tsp maple syrup
- 1 small clove garlic, pressed
- 1/2 tsp salt
- 1/4 tsp pepper

Place the rinsed quinoa in a medium pot and add the water and a pinch of salt. Cover and bring to a boil. Reduce heat and simmer for about 20 minutes, until the water had been absorbed. Remove from heat. Fluff the quinoa with a fork, cover, and let steam off the heat for about 10 minutes. Transfer the quinoa to a large bowl to cool slightly.

To the cooled quinoa, add the beans, pepper, cucumber, carrot, cilantro and walnuts. Toss gently.

To make the dressing, whisk together the oil, vinegar, mustard, syrup and garlic. Season with salt and pepper and add to the salad ingredients. Toss well. Refrigerate until serving.

