

Red Quinoa Chop

Ingredients:

- * 1 cup red quinoa prepared in vegetable broth
- * 2 cups broccoli, chopped
- * 2 cups cauliflower, chopped
- * 2 cups carrots, chopped
- * 1 cup radishes
- * 1 cup green onions
- * 1 cup dried cranberries
- * Garnish: sunflower seeds

Dressing:

- * 4 tbsp olive oil
- * 2 tbsp balsamic vinegar
- * 1 tsp sea salt
- * Dash of honey
- * Lemon juice to taste



Directions:

Prepare quinoa according to package directions, substituting vegetable broth for water. Chop vegetables in small bite-size pieces and mix with cooked quinoa. Whisk dressing ingredients and toss with salad. Sprinkle with sunflower seeds.

Quinoa is an amino acid-rich (protein) seed. It is a relative of leafy green vegetables like spinach and Swiss chard.